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metroLIFE



Your essential daily news | TUESDAY, FEBRUARY 21, 2017

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The Jester aims to steal an all-powerful mask in the Carnival-inspired Vizard Show.  
AARON CHATHA/METRO

## Officers lawyer up in campaign to fix workplace culture

metro EXCLUSIVE

### Complaints filed over bullying and sexual harassment



**Lucie Edwardson**  
Metro | Calgary

Thirteen current and former members of the Calgary Police Service are filing formal complaints against the force in relation to allegations of bullying and harassment, Metro has learned.

Over the last year Metro has covered workplace culture issues within the CPS that have come to light, including problems with bullying, harassment, sexual harassment and human-resource practices.

Rachel West of Dunphy Best Blockson law firm is acting as legal counsel for the 13 complainants. She said they plan to work with the CPS under the condition they get an external auditor to conduct an investigation.

"At this stage we're creating a system for how the complaints will be dealt with," said West. "That process is still being determined, but the chief has made a commitment to conduct a proper investigation with an external investigator."

Metro asked to speak with CPS Chief Roger Chaffin but was told that due to privacy reasons, he couldn't discuss personnel issues.

West said if the investigation is not done in an appropriate way, the 13 complainants could pursue further legal action.

"Nothing is off the table," she said.

One of the most well-known individuals filing a formal complaint is Jen Magnus, a former CPS member who publicly resigned at last month's Calgary Police Commission meeting.

She said she feels good about the process after meeting with Chaffin last week.

"From what he's said, he's committed to making sure there is a transparent process to deal with my complaint, and likely others, and to address the issues we've had," she said.

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# Six-year-old child dies after falling through ice

## EMERGENCY SERVICES

### Older brother recovering in hospital from hypothermia



**Elizabeth Cameron**  
For Metro | Calgary

A tragedy unfolded in Airdrie on Family Day after two brothers fell through the ice on a canal frequented by children in the neighbourhood of Bayside.

The younger child, 6, was transported to the Alberta Children's hospital by STARS air ambulance but later succumbed to his injuries in hospital.

His 10-year-old brother remains in hospital, according to RCMP. It is believed he was suffering from hypothermia.

EMS spokesman Stuart Bri-deaux said EMS, the RCMP, and Airdrie fire crews responded to reports of two boys who had fallen through ice around 1:15 p.m. Monday.

It is unclear how long the boys were in the water before being rescued.

"This is a terrible tragedy," said Insp. Gord Sage, officer in charge of Airdrie RCMP. "We offer our deepest condolences to the family."

The RCMP are investigating. "It's awful," said Peter Buchanan, who lives nearby and



**1** The rescue effort happened not far from this bridge over one of the canals.

**2** The City of Airdrie does not monitor ice levels in the canals, but they are used for skating.

ELIZABETH CAMERON/  
FOR METRO

said children in the neighbourhood routinely play on the ice.

"There's probably 10-20 ice rinks out here, and kids are always out here skating," he said.

Lynda McLean, leader of corporate communications with the City of Airdrie, said although the city does monitor ice conditions in several park areas, the canals are not one of those areas.

She said canals are kept clear of snow by community volunteers and residents use them for skating at their own risk.

"It's a tragedy ... the sad part



**The sad part is, the parents are paying such a price.**

Neighbour

is, the parents are paying such a price," said a neighbour who declined to give his name.

He lost a friend in a similar incident when he was young.

"It's sad. It's unfortunate these things happen," he said.

WITH FILES FROM BRODIE THOMAS/METRO



**2**

## HUMAN RIGHTS

### Lawyer condemns Garland attack

A criminal defence lawyer who has raised concerns in the past about safety at a Calgary jail says people shouldn't be happy that a convicted murderer in a high-profile case was beaten there.

"Convicted or not, he's entitled to protection and basic human rights. Even if he didn't show that to his victims," said Balfour Der, who added some of his own clients have also been attacked at the jail and at other facilities.

Douglas Garland was sentenced Friday to spend the rest of his life behind bars for killing Alvin and Kathy Liknes and five-year-old Nathan O'Brien in 2014.

Hours after the sentencing, Calgary police said a 57-year-old inmate at the Calgary Remand Centre suffered serious injuries and was taken to hospital after being assaulted by several other inmates. Garland's lawyer, Kim Ross, has confirmed it was his client.

Some of the reaction on social media cheered on the attack, saying Garland deserved it.

"If there's members of the public who think, 'yeah, that's good, I'm glad this happened,' or whatever they may think about it, they are absolutely, totally wrong," Der said.

Ross said Saturday that Garland was being held in an area that should have been safe and called the attack "disappointing," noting that Garland had been in custody for over two years awaiting trial without an incident. THE CANADIAN PRESS

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# Moms support milk bank

## COMMUNITY

**Women give personally, now raising funds for local cause**



**Elizabeth Cameron**  
For Metro | Calgary

With all the challenges that come with motherhood, breastfeeding was not one of them for Calgary moms Lindsay Gallimore and Stefanie Skinner.

"Sometimes it's not easy, it's uncomfortable, or (the baby is) pre-term and the mother's milk hasn't come in yet," said Skinner.

Gallimore and Skinner have been donating their extra breast milk to the NorthernStar Mothers Milk Bank for the past 18 months, and have decided to hold an online silent auction to raise additional funds for the facility.

"We both had easy times breastfeeding — and that's not everybody's experience — so being able to pump a little bit extra and donate it feels really good," said Gallimore.

NorthernStar, Canada's only community-based milk bank, donates breast milk from screened



Stefanie Skinner and Lindsay Gallimore have been using pumps like this for 18 months to donate breast milk to Canada's only community-based milk bank. ELIZABETH CAMERON/FOR METRO

mothers to babies who need it, mostly those in neonatal intensive care units (NICU).

"They're an amazing facility ... but they're literally breaking even, they aren't making a dime," said Skinner, who noted the charity is only open four days a week to cut costs.

Together, the two moms have donated nearly 100 litres of breast milk to NorthernStar.

"If I can do something to take the pressure off of another mom who's already dealing with so much, hopefully taking a bit of stress of families with babies in the NICU, then why not?" said Skinner.

A variety of baby and new-mom products have been donated to the auction, running online Feb. 27 to March 1.

"There's a lot of handmade

children's goods, and even a baby carrier," Gallimore said.

Bidders can comment on Facebook with their offer. The final bid is donated to NorthernStar by the winner, and the item is shipped upon proof of donation.

"You don't have to be a breastfeeding mom to participate," Gallimore said, adding that pumping provides comfort for the donor, too.

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## POLITICAL STRATEGY

# Chabot joins the Twitterverse



**Andre Chabot**  
COUNCILOR WARD 10

Joined February 21st 17

Tweet to Andre Chabot

Coun. Andre Chabot's new Twitter handle may hint at a run for mayor. TWITTER



**Brodie Thomas**  
Metro | Calgary

Coun. Andre Chabot is being coy about his electoral intentions this fall after making an unexpected move in the social media sphere.

The Ward 10 rep had long been the only councillor without a Twitter account. That changed this month when someone registered an account in his name with the handle: @chabot4cal-

gary. When asked if the name hinted at a mayoral run, Chabot just laughed.

"You can take from it that I'm preparing to run for city council," he said. "What position has yet to be revealed."

The boundaries of Ward 10 were vastly altered in the latest boundary adjustment, with most of that current ward being swallowed up into Ward 9. Chabot expressed his displeasure at the time by voting against the new boundaries.

On Monday he said he's waiting to hear from one of his colleagues about whether they're running again. Chabot said that decision could open up new opportunities for him.

"Ultimately I have to run against another member of council because of the way the wards are divided. Which member of council has not been revealed although I've pretty much made up my mind."

Chabot said he'll make his intentions known by March 2.

## NOTICE OF HEARING FOR: PERMANENT GUARDIANSHIP ORDER TO: Crystal Coles

Take notice that on the **27th day of February 2017 at 2:00 p.m., at Calgary Family Court, Courtroom # 1208, 601 - 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your children born on **January 5, 2017**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

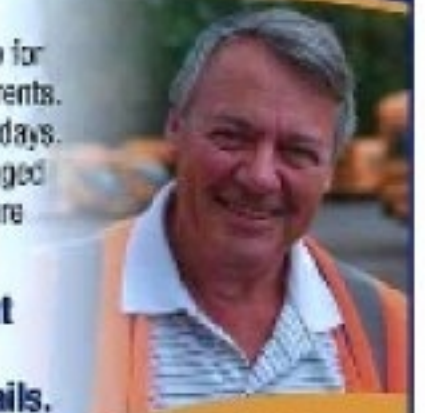
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**Ideal climate.** Temperatures along the coast average 25°C year-round, without the extreme wet seasons common to the tropics. Due to Ecuador's location at the equator, hurricanes are nonexistent. The warm water offers pleasant bathing all year round.

**Stability.** Ecuador is amongst the safest countries in Latin America and the currency is the US dollar. Most expats who relocate to Ecuador can obtain permanent residency status in just nine months.

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- Dennis, Montreal

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- Michael, Calgary



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# Planet Organic sorry for inventory drop

## RETAIL

## Complications arose from re-structuring, company says



**Aaron Chatha**  
Metro | Calgary

Calgary's Planet Organic is let-

ting their customers know the store is back to business as usual in the most Canadian way: by apologizing.

In a new ad, the company starts and ends with saying sorry about months where stock levels were low and customers were growing concerned.

"It was important because our customers didn't fully know what was going on," said marketing director Jes-

sica Brady. "It was difficult telling people we were separating from our U.S. partners until we actually separated from them."

"We found that our quality improved when we're fully, 100 per cent owned and operated by Canadians."

The brand, which has locations in Calgary, Edmonton and Victoria, had been going through months of restructuring.

CEO Alan Thompson said

that operating an organic market comes with its own unique challenges. The bulk of their product comes from Vancouver, and in the middle of restructuring, it became difficult to keep the shelves as full as possible.

Thompson said they released the ad now as an effort to give curious customers as much information as possible.

Although their ad was met with positive reaction online, there was some criticism lev-

ied at Planet Organic's prices.

"We have very competitive pricing for what we offer," said Thompson.

"We find that we're very competitive when it comes to Community Natural Foods and other retailers. But it's about whether you're comparing like items or not. As an analogy, when you're on a car lot and go into Mercedes, you wouldn't complain that the Toyotas down the road are cheaper."



**Alan Thompson**  
COURTESY PLANET ORGANIC



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## CRIME

## Mother pleads for late son's belongings



**Brodie Thomas**  
Metro | Calgary

A mother hopes someone will return several precious mementos of her late son that were stolen from her car over the weekend.

Elissa Carpenter was traveling with a number of items that belonged to her 14-year-old son Evan, who died of an aneurysm on Jan. 20.

The theft happened in Red Deer while she was visiting family. Thieves broke into her silver Mitsubishi Lancer in the early morning hours of Feb. 19.

"The window was down quite a far ways, and I hadn't left it down and I'd locked it," said Carpenter. "And then my mom said, 'Your suitcase is gone out of your car.'"

She said when she realized that she felt sick to her stomach.

The suitcase contained Evan's kindergarten scrapbook, three pairs of his shoes and condolence books and personal letters from the funeral, among other things.

"They were just shoes to most people, but they were a really big deal to him," she said.

Carpenter now lives on Vancouver Island, but her son spent most of his life in Calgary, so the family decided to have the memorial service here in the city. She is offering a \$500 reward for the return of the items related to her son. She is not interested in getting back any other items that were in the suitcase.

"I have to think that maybe it will turn up in a pawn shop or maybe someone will just toss it, thinking it's meaningless," said Carpenter.

Anyone with information on the suitcase or its contents is asked to contact Crime Stoppers.



**Evan Carpenter died of an aneurysm.**

## INVESTIGATION

### Man found dead in home

The Calgary Police Service (CPS) continues to investigate after a man was found dead during the long weekend.

"The medical examiner attended and deemed the death suspicious at this

time," said Sgt. Duane Lepchuck with CPS.

The cause of death is undetermined, and no further details will be released at this time, according to Lepchuck. An autopsy is expected to take place on Tuesday. METRO



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# Vizard Show a buffet for eyes

## THEATRE

**Theme of unity plays out via harmony of global styles**



**Aaron Chatha**  
Metro | Calgary

Every actor I talked to on the set of the Vizard Show, hitting the Calgary stage next week, had a very different way of describing the show.

It's only natural; the performance combines a carnival-like setting with 120 elaborately staged masks, traditional dancing with a hint of modern hip hop, Cirque Du Soleil with touches of South American, Indian and Asian cultures mixed in with lasers, magic and pounding LED lights.

Wow, that's a lot to fit into one show.

"It's like a Broadway show, only I don't think Broadway has anything quite this spectacular, to be honest," laughed actor Neil Enock.

Enock plays the Creator — a wizard who made a powerful mask, which the antagonists of the play are trying to steal.

Although pleased to be in the role, Enock actually fell into it through a tragic circumstance.

"My best friend, Al Stickel, was the person who had that role," Enock said. "He passed away from cancer on Jan. 5. So, I have stepped in to fill my best friend's shoes. They asked me, and I was honoured to carry on his memory."

Enock is also writing the play into a book — not an easy task considering all that's happening on stage.

"There's nothing of its kind in Calgary," said actress Angie Shilliday, who at one point takes the stage as a giant peacock. "Truly, that costume is amazing. Anyone that wears

it would feel like a million dollars."

The vast majority of the costumes are hand-made, and the point is to create a visual delight that has something for anyone. A key theme is unity, as it harmonizes styles from many different countries. Yes, there are the traditional masks — but at one point the stage goes dark and transitions into a full LED costume performance.

"I'm a born-and-raised Calgarian, and I think Calgary is a wonderful melting pot," said Shilliday. "If we branch out to other parts of the world, we all have something to offer. This show brings everyone together."

## DETAILS

- The show takes place Saturday at the Chinese Cultural Centre.
- For more information, visit [www.maskscorp.com](http://www.maskscorp.com)



Giana Gigi shows off her elaborate mask during rehearsals at the Vizard Show.

AARON CHATHA/METRO

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- Sonal, Pharmacy Manager



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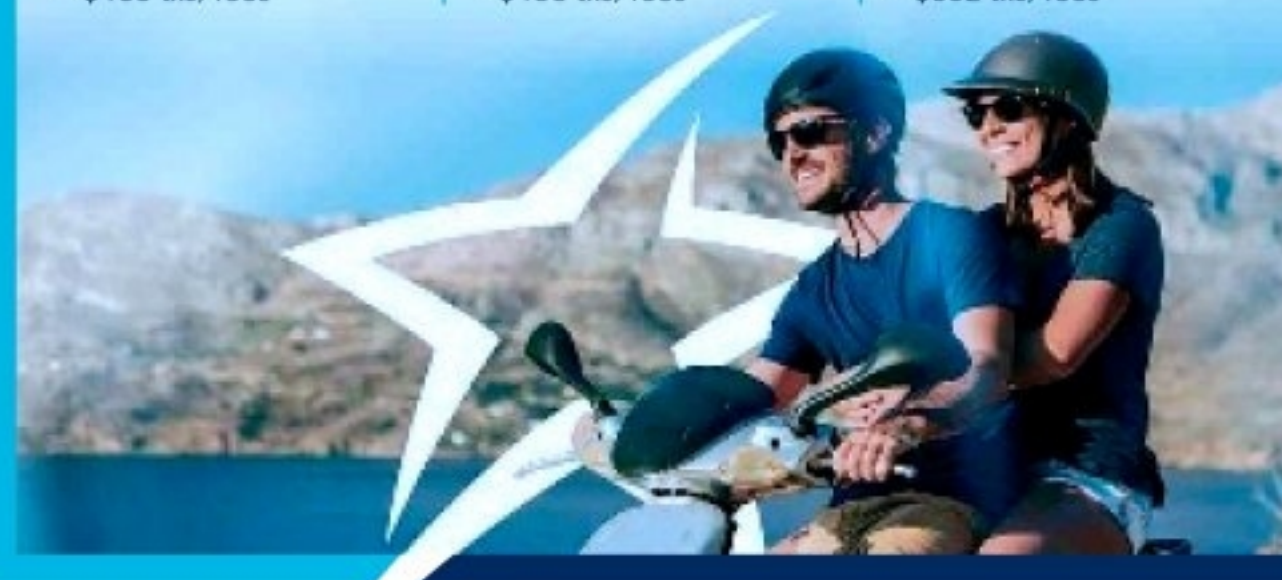
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# Montreal named a sanctuary city

## IMMIGRATION

## Designation means refugees have full access to local services

Montreal city council passed a motion Monday making it the latest Canadian jurisdiction to declare itself a "sanctuary city" for non-status immigrants.

The designation means undocumented refugees will have full access to local services regardless of their situation, with the city following in the footsteps of Toronto, Hamilton and London, Ont.

Mayor Denis Coderre told reporters he felt compelled to act because of events south of the border.

"One of the reasons I've done that is clearly because of what's happening in the United States and what I'm witnessing in Europe," Coderre said.

In recent weeks, more and more people have flowed illegally across the U.S. border into Canada as President Donald Trump cracks down on illegal immigration and imposes new restrictions on refugees. Canada Border Services Agency says 452 people filed a claim for refugee asylum at Quebec-U.S. land border crossings in January.

Given that current context, several Canadian cities have



A family of asylum claimants cross the border into Canada from the U.S. Monday, near Hemmingford, Que. THE CANADIAN PRESS

expressed interest in adopting similar motions, including Ottawa, Saskatoon and Regina.

Toronto became Canada's first sanctuary city in 2013.

Coderre, a former federal immigration minister, assured the measures will go beyond symbolism and help those who need it the most.

Available services would include access to municipal programs and buildings, including libraries and recreation centres, while Coderre said he wants to discuss major issues such

as health, housing and education with provincial and federal authorities.

A number of groups told a news conference a few hours before the motion passed that while the gesture would be in good faith, it wouldn't provide the tangible changes to make Montreal truly a sanctuary city.

"He's coming from a good place, I'm not going to deny that," said Jaggi Singh, a spokesman for Solidarity Across Borders. "But it doesn't go far enough." THE CANADIAN PRESS

## QUEBEC

## Maple syrup producers struggling for 'freedom'

Quebec, the world's largest producer of maple syrup, is ramping up output as it fends off rising competition from the U.S. and neighbouring provinces as well as a farmer rebellion from within.

The province is adding five million taps over the next two years to its existing 43 million spigots. Simon Trepanier, executive director of the Quebec Maple Syrup Federation, says that is intended to satisfy a growing appetite for the natural sugar, which is increasingly being used as an ingredient in food and drinks.

More than 90 per cent of the record 73 million kilograms of maple syrup made in Canada last year was tapped in Quebec, according to Statistics Canada. Yet the province's near-monopoly over the maple syrup market is loosening.

Despite a 30 per cent increase in production over the last decade, Quebec's share of global output has fallen from a high



Nicole Varin stocks shelves in Oka, Quebec. THE CANADIAN PRESS

of about 82 per cent in 2003 to nearly 71 per cent last year, according to data from Statistics Canada and the U.S. Department of Agriculture.

The problem, some say, lies with the tight grip that the Quebec Maple Syrup Federation has over the province's maple syrup producers. The group sets quotas and prices that Quebec sugar shacks have to abide by, requires they sell to authorized buyers and pay an administrative fee on their output.

THE CANADIAN PRESS

## Poll warns of anti-refugee sentiments

**David P. Ball**  
Metro | Vancouver

Sunday's Conservative leadership debate in Vancouver continued to raise alarm over the federal Liberals' refugee policies, as the flood of asylum-seekers swells over the U.S. border into Canada.

But while some have dismissed anti-refugee sentiment as "fringe," a new poll suggests it's more widely shared by than previously thought, even if it's a minority.

An Angus Reid Institute survey of 1,508 Canadians discovered that one-in-four would support a Trump-style ban on accepting Syrian refugees into the country.

It appears that not all Canadians are welcoming of the newcomers. More than half, for instance, agreed that "Too many refugees don't make enough of an effort to fit into mainstream Canadian society."



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CHICAGO



WASHINGTON



NEW YORK

Thousands across the U.S. rallied during Presidents Day. Activists seized on the holiday to organize rallies dubbed 'Not My President's Day' in opposition to Donald Trump. GETTY IMAGES

# Thousands protest Presidents Day

## ACTIVISM!

### Rallies across the U.S. dubbed Not My President's Day

Thousands of demonstrators turned out Monday across the U.S. to challenge Donald Trump in a Presidents Day protest dubbed Not My President's Day. The events on the federal holiday didn't draw nearly as

many people as the million-plus who thronged the streets following the Republican president's inauguration a month earlier, but the message was similar.

Thousands of flag-waving protesters lined up outside Central Park in Manhattan. Many in the crowd chanted "No ban, no wall. The Trump regime has got to fall." They held aloft signs saying "Uphold the Constitution Now" and "Impeach the Liar."

A rally in downtown Los Angeles also drew thousands. Demonstrators there called attention to Trump's crackdown on immigration and his party's re-

**"I'm trying to demonstrate as much as possible until I figure out what else to do. Rebecca Wolfram**

sponse to climate change and the environment. Organizers said they chose to rally on the holiday as a way to honour past presidents by exercising their constitutional right to assemble and peacefully protest.

In Chicago, several hundred rallied across the river from the Trump Tower, shouting "Hey, hey, ho, ho, Donald Trump has got to go."

Rebecca Wolfram of Chicago,

who's in her 60s, said concerns about climate change and immigrant rights under Trump prompted her to start attending rallies.

"I'm trying to demonstrate as much as possible until I figure out what else to do," said Wolfram, who held a sign that said "Old white ladies are really displeased."

Several hundred demonstrated in Washington, D.C. Dozens

gathered around the fountain in Dupont Circle chanting "Dump Trump" and "Love, not hate: That's what makes America great."

Dozens marched through midtown Atlanta for a rally named with a Georgia flavour: "ImPEACH NOW! (Not My) President's Day March."

Hundreds of protesters chanting "This is what democracy looks like" marched through Salt Lake City.

The Salt Lake Tribune reports that the crowd marched to push back against Trump and his administration's stance

on such issues as the environment, immigration, free speech and Russia.

Some people raised signs that said "Not My President," while others held up a large American flag. Protester Reg Brookings warned the crowd that Trump is trying to divide the country by making such groups as immigrants the enemy.

A small but unruly group of protesters faced off with police in downtown Portland, Oregon.

Hundreds of Trump opponents and supporters turned out in Rapid City, South Dakota.

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A firefighter carries a woman from her car after it was caught in flooding in Sun Valley, California. GETTY IMAGES

## CALIFORNIA

### Flood warnings issued amid heavy downpours

Forecasters issued flash flood warnings Monday throughout the San Francisco Bay Area and elsewhere in Northern California as downpours swelled creeks and rivers in the already soggy region.

The National Weather Service said heavy rain could persist into the evening and was expected to cause flooding on the Carmel River in Monterey County and Coyote Creek in Santa Clara County.

In the San Joaquin Valley, residents were patrolling levees for signs of danger, reviewing evacuation plans and filling hundreds of sand bags as the San Joaquin River kept rising.

"Our community is pulling together like real champs," said San Joaquin River Club resident

Paula Martin, who is helping co-ordinate emergency plans for the private neighbourhood of 800 homes.

Martin said the neighbourhood has sirens in a clubhouse and church that can warn residents of impending flooding.

The weather service issued snow and wind advisories, including a flash flood warning for the Soberanes burn area in Monterey County. It said winds could reach 60 m.p.h. in the San Francisco Bay Area.

Santa Cruz County had seen 2.8 inches of rain in 24 hours and could see up to eight inches before the storm passes Tuesday. Marin County got 2.3 inches of rain while close to an inch fell in San Francisco.

THE ASSOCIATED PRESS

## POLITICAL DIGEST

### Trump taps military strategist to replace Flynn

President Donald Trump has tapped Army Lt. Gen. H.R. McMaster, a prominent military strategist known as a creative thinker, as his new national security adviser, replacing the ousted Michael Flynn. AP

### Russia's ambassador to United Nations dies

Russia's ambassador to the United Nations, a veteran diplomat known as a potent, savvy yet personable voice for his country's interests who could both spar and get along with his Western counterparts, died suddenly Monday after falling ill in his office at Russia's UN mission. AP

### Trump wigs are out of stock in Austria

So many people want to be Donald Trump this Carnival season in Austria that some shops have run out of wigs mimicking his memorable hairstyle.

Shop owner Manuela Plank made her own Trump toupees, thinking she was ready to meet demand, but they were quickly snapped up. AP



# Five dead after plane hits shopping mall

AUSTRALIA

## 'Incredibly lucky' no one on the ground was hurt: Police

Five people were believed killed when a light plane crashed in flames into a shopping mall on Tuesday in the Australian city of Melbourne, officials said.

The five were on a twin-engine Beechcraft Super King Air that crashed about 45 minutes before the Direct Factory Outlet mall in suburban Essendon was to open, Police Minister Lisa Neville said.

The plane had taken off from Melbourne's second-biggest airport at Essendon on a chartered flight to King Island, 255 kilometres to the south, Neville said.

Police Assistant Commissioner Stephen Leane said it ap-

peared that no one aboard the plane had survived. No one on the ground was injured.

"Looking at the fireball, it is incredibly lucky that no one was at the back of those stores or in the car park of the stores, that no one was even hurt," Leane told reporters.

A pilot reported a "catastrophic engine failure" moments before the plane crashed into a storage area at the rear of the mall, police said.

Police and paramedics rushed to the crash site, where firefighters doused the flames.

A witness who gave his name as Jason told Australian Broadcasting Corp. he was passing the mall in a taxi when the plane crashed.

"I saw this plane coming in really low and fast. I couldn't see the impact but when it hit the building there was a massive fireball," he said.

THE ASSOCIATED PRESS



Image made from video shows the site of a crash at Essendon in Melbourne, Australia. THE ASSOCIATED PRESS

EGYPT

## Ten death sentences upheld in soccer riot

Egypt's highest appeals court on Monday upheld the death sentences against 10 people convicted over a soccer riot that killed over 70 fans in 2012, becoming one of the world's deadliest soccer disasters.

The verdict by the Court of Cassation is final. The defendants were charged with murder, along with other charges. The court also upheld convictions of 22 suspects who received up to 10 years imprisonment over the rioting. A total of 11 defendants were sentenced to death but one remains at large and was tried in absentia.

The rioting erupted in February 2012, at the end of a league match in the Mediterranean city of Port Said be-

tween Cairo's Al-Ahly, Egypt's most successful club, and home side Al-Masry.

In a shocking and unexpected turn, Al-Masry fans rushed to attack Al-Ahly supporters with knives, clubs and rocks. Witnesses and survivors described victims falling from the bleachers as they tried to escape. Hundreds of others fled into an exit passage, only to be crushed against a locked gate with their rivals attacking from behind.

The riot led to the suspension of Egypt's top soccer league for over a year. The league later resumed, but with matches played in empty stadiums.

THE ASSOCIATED PRESS

## LOS ANGELES

### Recently freed gangster allegedly kills policeman

A gang member who was recently freed from jail allegedly killed his cousin and stole his car Monday then shot and killed a California police officer and wounded his partner before being wounded

himself, authorities said.

Whittier Officer Keith Lane Boyer died and Officer Patrick Hazel was wounded when they answered a report of a traffic accident in the eastern Los Angeles County suburb.

THE ASSOCIATED PRESS

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# Moving abroad can be taxing

## RETIREMENT

### Mutual funds, stocks included in departure tax

Planning to take that dream job overseas? Or making a permanent move to the U.S., despite you-know-who in the White House?

Your RRSP and other investments could be the last things on your mind. But they shouldn't be.

"There are tax implications to becoming a non-resident of Canada," says Abby Kassar, vice president, high net worth planning services, RBC Wealth Management Services.

When you are no longer a Canadian resident, the government requires you to sever ties to the country, meaning you are deemed to dispose of all of your assets at fair market value, with a few exceptions. Any unrealized gains will be subject to income tax — known as departure tax — even if you have not actually sold the property, she says.

## + DON'T FORGET

■ As a non-resident, the most Canadian tax you will pay on your RRSP is 25 per cent. However, you will also likely have a tax obligation in the foreign country.

■ Also remember that you can't transfer your Canadian RRSP to a retirement plan offered in another country. Any transfer or withdrawal of funds out of your RRSP would be considered a distribution (or withdrawal) and would be subject to a non-resident withholding tax of 25 per cent.

Experts warn of a big tax hit if you collapse a Registered Retirement Savings Plan before moving to another country. ISTOCK

"Depending on the circumstances, the tax bill can be quite significant," says Todd Sigurdson, director, tax and estate planning with Investors Group. "The most common culprit of a large tax bill is the departure tax due on the deemed disposition of non-registered investments with large capital gains."

Assets subject to departure tax include stocks of all companies (public or private), mutual funds, exchange-traded funds, partnership interests, real estate owned outside Canada, foreign trusts and certain kinds of personal property that have appreciated in value.

Fortunately, Canadian real

estate and RRSPs are exempt, so moving doesn't mean you have to sell your house or cash in your retirement savings.

"In fact, there is no obligation to dispose of any RRSPs or RRIFs upon becoming a non-resident," says Kassar. If you were to collapse your RRSP before leaving Canada, you would face a

significant tax hit because that withdrawal would be added to your income and be fully taxable in the year you withdrew the money, she explains.

"Generally, this is not recommended because it results in a pre-payment of tax and potentially a higher rate of tax," she says. TORSTAR NEWS SERVICE

## EMPLOYMENT

### Uber accused of sexism

Uber's chief executive ordered an urgent investigation Monday into a sexual harassment claim made by a female engineer who alleged her prospects at the company evaporated after she complained about advances from her boss.

Travis Kalanick responded on Twitter to an open statement by Susan Fowler Rigetti about her year at the ride-hailing app. In a blog post titled Reflecting On One Very, Very Strange Year At Uber, Rigetti says the company's human resources department ignored her complaints because her boss was a high performer.

In her blog, Rigetti said that on her first official day with the company, her boss propositioned her in a string of messages on the company chat.

Rigetti left the team. But she said as she tried to progress in the company, she found her way blocked. She alleged sexism was rampant, and when she pointed that out at a company meeting, she was rebuffed.

THE ASSOCIATED PRESS



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## SHREE PARADKAR ON MARKETING TO GIRLS



**There's nothing ha-ha funny or cute about clothes that blare out words such as 'Future bride,' 'Allergic to Algebra,' and 'I only date heroes.'**

If apparel oft proclaims the man, when it comes to girls, it appears to oft proclaim them sexual objects from a very young age.

It's 2017, and objectification of girls should have been a long-shunned shame of the past. Perhaps there is such polarization on the perception of equality (Girls' lives matter. No, ALL lives matter!) that issues around negative social messaging for girls are blindingly obvious to some and completely obscure to others.

What else might explain why push-up bikinis have been made for little girls or clothes with dumb messages, or, for heaven's sakes, pacifiers that say "Flirt."

There's nothing ha-ha funny or cute about clothes that blare out words such as "Future bride," "Allergic to Algebra," and "I only date heroes."

Pressure on girls has intensified instead of easing up. They have to look pretty, as defined by euro-centric values, they have to be thin, and even sexy. The window in which to build resilience is rapidly shrinking.

The number of girls under age 18 who got breast implants tripled, from 3,872 to 11,326 in one year (from 2002 to 2003), an American Psychological Association report says.

Women's bodies have historically been decorative sexualized objects, but girls are not miniature women. Their still-forming ability to process cultural messaging makes them susceptible to marketing. If women end up with health issues — eating disorders, depression — in struggling to meet some arbitrarily ascribed fantasy for a body that extracts its pound of flesh, the seeds of that lowered self-esteem are sown when they are little girls.

It's easy for me to roll my eyes at the magazines on grocery check-out counters featuring digitally manipulated images of thin, tall white women. How to get hot bikini bods! How to tighten your butt! When I see diverse little girls gazing at them in wonder,



**Re-write** Billboards with messages like 'Follow your dreams, even the wild ones' were rolled out across Canada last week as part of a campaign to empower girls. SUPPLIED/CANADIAN WOMEN'S FOUNDATION

though, the only tightness I feel is in my heart as they soak in the glamour and unconsciously create their illusory ideals of beauty.

Perhaps those who buy and sell these hyper-sexualized messages have themselves bought into narrow ideals of female attractiveness. Perhaps the attendant suffering is all they know, which is why they perpetuate it.

The question is, how to break that cycle?

A cross-Canada ad campaign launched last week is trying to neutralize some of these harmful missives. For about six weeks, 30 cities and towns will feature dozens of highway billboards and subway posters roaring out messages like "Follow your dreams, even the wild ones," "Girls are fierce like tigers" and "You don't need to be perfect, you need to be YOU!" These messages, from Fayla, 9, Julia, 7, and Ava, 7, (in that order), were selected for Toronto from thousands that poured in from across Canada in a #GirlPowered campaign co-created by the Canadian Women's Foundation and ad agency Havas.

"We wanted to use the same media to send out a different message that was oversized

and empowering," says Paul-ette Senior, president and CEO of Canadian Women's Foundation.

"Girls are powerful beyond what they know themselves to be. We wanted them to maintain their sense of self, and not be so encumbered by messages of who they are."

The campaign launched in October, when it marked the International Day of the Girl Child with an event in downtown Toronto. Young girls were asked to share a message for their peers, then their responses were flashed on a billboard in real time. The excited reactions resulted in a heart-warming video that got shared by Upworthy, meaning, instead of the hundreds of views the organizers expected, it got hundreds of thousands.

The video was then shared on girlpowered.ca where girls are being asked to submit their own messages.

Cory Eisentraut, the VP and Creative Director of Havas Canada, the creative force behind the ad, is in talks to remake the concept internationally. This was also one of the times when his work turned into a meaningful conversation at home. When his daughter Claire, 9, sat down to com-

pose a message, her 8-year-old brother sat in. They discussed ideas that soon devolved into "Girls are better than boys."

It gave Eisentraut the chance to chime in. "It isn't about better or best. It's about equal," followed by a discussion on what equal means.

I wonder, though, if campaigns like these spur conversations in households where parents are already reflective. What role do they play in changing minds or at least provoking introspection? Or do people tell their daughters they are tigers but not unpack or model the specifics themselves?

The best hope for systemic change is when women take on corporate leadership roles.

By some estimates, it will take about 40 years for North American boardrooms to achieve gender parity. Looks like we're relying on the "girls are tigers" messengers to also do the heavy lifting in the future.

Let us, as adults at least, enable them by dialing down our dumbness.

**Shree Paradkar** is a Toronto Star columnist and digital editor. She tackles issues of race and gender.

## Hankering for transit comes at cost to all

**KINGKADE'S CALGARY**

**Roger Kingkade**



We need to wake up from our public transit fantasy and get real.

Do you ever notice that the large fries cost more than the small fries?

That's because you get more french fries in the large order.

It works like this: If you want to eat more french fries, you have to pay more than somebody who doesn't want to eat as many french fries as you.

It just makes sense.

Now, have you ever noticed how if you take the C-Train from City Hall Station to Victoria Park-Stampede you have to pay the same as somebody who rides the C-Train from Tuscany to Somerset?

That makes no sense.

And it has to change.

The public transportation system of trains and busses in Calgary is a rip-off for most Calgarians, particularly for those who use it lightly.

About half of Calgary Transit's budget is drawn from taxpayers' pockets whether that taxpayer is a transit user or not and regardless of where they

live.

This effectively means the dwellers of the trendy borough of Hillhurst, are subsidizing the suburbanites — the urban sprawlers — who take the bus way down in tropical Seton.

Stranger still, Albertans who choose not to take transit, but prefer to drive, pay some 29 cents per litre in taxes.

Some of these taxes purportedly go to maintain and build roads and other transportation infrastructure, like public transit stations and trains and busses, which, come to think of it, drive on those roads chiefly subsidized by drivers.

The people who pay the most for public transit are the people who don't use it at all as well as those who barely use it.

If you drive into Calgary from one of the lovely satellite towns like Cochrane, Okotoks, or Airdrie and then ride the train end to end, you pay the absolute minimal amount possible for the network. These people can thank those high-rent/high-tax central dwellers who arguably derive the least benefit from the expansive transportation network this enormous city has to offer.

The City should start making transit users pay based on usage. They must also attempt to construct a sustainable model that doesn't rely on people who choose not to, or simply don't have the option to, ride Calgary's public transit network.

**Roger Kingkade** is a former Calgary radio host.

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# Life without an Instagram filter

## HEALTH

### Switching off from device-driven days for a digital detox

When songwriter Natasha Valencia lost her phone three times in one day — at a coffee shop, in her car, and under a pillow — she wasn't bothered.

In fact, she felt more "in control" that Sunday in December. When her boyfriend found her iPhone 5S and offered it back to her, she didn't want it.

"I felt a little freer to go about my day not attached to anything, not feeling like I needed a device to get through the day," she says.

So Valencia, 22, decided to make going phone-free a Sunday habit. Her accidental digital detox is now deliberate. Every Saturday night, instead of charging the phone at her bedside, she leaves it on silent mode in a drawer of her apothecary table until Monday morning.

"Out of sight out of mind," says the Torontonian. "I've noticed my thoughts are clearer on those days (without my phone)."

The products of the digital age — smartphones and laptops and tomorrow's innovations — are increasingly met with trepidation as the "dark side" to these devices, are exposed, says technology analyst Carmi Levy. The potential to be hacked, tracked, robbed, and

overworked or to become an "addict" to our devices is a growing concern. The discourse has changed from one of innovation and awe to apprehension.

"We're increasingly looking for solutions that allow us to disconnect, and gracefully find some time to recharge our battery," says Levy.

"Digital detox" is now part of the lexicon as weekend getaways encourage "unplugging." Social networking sites rise and fall like the short-lived video-sharing Vine app, and other goliaths including Facebook are losing users, according to tech research groups. More people are downgrading to flip phones, those relics of the early decade, according to research firm IDC. Nokia is rumoured to be launching a throwback to the basic cellphone it first sold 17 years ago, according to VentureBeat.

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," says Levy. We're overworked and over-connected. "Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

That lifestyle began in January 2007 when Apple launched the iPhone. South of the border, it was called a revolution by founder Steve Jobs. "Every once in a while a revolutionary product comes along that changes everything," said Jobs.

Levy remembers the launch "like it was yesterday."

"I often call these moments inflec-

tion points, and Jobs' reveal certainly was one," he says. Smartphones started the "mobile revolution" changing how the world communicates.

A few months earlier, Mark Zuckerberg had opened Facebook. The iPhone would become the dwelling place of the social network with more than 147 million monthly active users by 2013.

Some who desire an escape from their digital life literally run for the hills. A Toronto "camp for adults" asks some 250 participants to "step away from their adult persona and find their inner kid," says Emma Brooks, one of eight co-founders of Camp Reset, an "adult summer camp and digital detox" offering its fourth four-day excursion this June at Camp Wahanowin in Orillia.

Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices.

Valencia learned to give herself "permission" to be alone during her Sunday detox as though the mobile revolution of the last decade forced a kind of obligatory connection. Now she's more aware of the time she spends on devices during weekdays and how it affects her anxiety levels and her music.

"Being alone is good," she says. "You just kind of sit." Now when she's out shopping and waiting for a friend or writing at a coffee shop, she chooses to "look around at the world," instead of at a screen. Especially on Sundays.

TORSTAR NEWS SERVICE



Natasha Valencia, 22, is a Toronto songwriter who accidentally detoxed from her iPhone one Sunday and has made a point of doing a Sunday detox every week from her devices and social media. TORSTAR NEWS SERVICE



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# How you can rack up a winning score



Using a secured credit card is the easiest way to establish a clear line-of-credit history that will count towards a positive credit score. iStock

## ADVICE

### Your credit history will follow you for life; get it right

**Gail Vaz-Oxlade**  
For Metro Canada



Want to have the ability to borrow money? You're going to have to establish a credit history. And it's not as hard as some people think.

#### 1. Get a secured credit card

The fastest, cheapest and easiest way to establish a credit history is with a secured credit card. Since there's no risk to the lender because you've put up the cash to cover your balance, secured cards are great for new borrowers or people trying to re-establish credit after a bankruptcy.

Lenders usually want twice the credit card limit. So if you want a \$500 credit limit, you'll have to ante up \$1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

#### 2. Get a gas or department store card

These cards are often easier

to get and can be good ways to establish credit. The interest rates on these cards can be astronomical, but as long as you pay your bill in full and on time it makes no difference what the interest rate is.

#### 3. Borrow for an RRSP

While an RRSP is not officially used as collateral for the loan, lenders know where to find their money so approvals come more easily and the interest rate won't be horrendous.

Make sure you only borrow as much as you can afford to repay in six months. How much you borrow doesn't mean much; repaying the loan quickly without a misstep does.

Once the loan is repaid in full, use the amount you were using to repay the loan as your monthly retirement savings contribution.

Now you're building up your assets, which will be good for your credit history too.

#### 4. Put up collateral

Collateral comes in all sorts of forms: from the car you're buying to those GICs you've got stashed away. If you have something a lender values, you're in the money.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

## USE IT BETTER

### Get smart with your credit

Of course, getting credit is only the first step to building a credit history. How you use it will be the test.

1. Pay all your bills on time. Yes, including your cell-phone bill, since some cell providers report to the credit bureau.
2. Avoid applying for credit too often. Repeated requests for credit can be interpreted as a sign that you're in trouble, which will adversely affect your score.
3. Charge regularly and pay off in full. Responsible, ongoing use of credit will produce a good credit rating.
4. Don't over-expose yourself. Having multiple forms of credit with small balances can add up quickly and become unmanageable.
5. Don't use credit to pay off credit. Taking cash advances on one card to make payments on another means you're in over your head. Cut back on your spending, get back to the business of using credit to keep your record active and healthy, not to spend money you haven't yet earned.

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# Nursing plant babies in the jungalow

## URBAN LIVING

### No dimming grow lights as millennials pick pots over pets

**Erin Kobayashi**  
Torstar News Service

My condo started transitioning into an urban jungle when I brought my outdoor plants inside for the winter. Despite my indoor plant collection doubling in size, I continued rescuing sad tropicals from the basements of retail stores. I stalked nurseries for chubby baby succulents to add to my thriving plant family.

But at 19 plants and counting, I wondered if I was referencing interior designer Justina Blakey's maximalist "Jungalow" style or showing early signs of a serious hoarding problem.

Igor Josifovic and Judith de Graff, the founders of Urban Jungle Bloggers, recognize my plant addiction and actually celebrate the lifestyle on their blog and social media accounts every day.

"We believe that in today's

fast-paced, digitalized world we need to reconnect with nature. Especially the urban dwellers," says Josifovic, "We want a connection to something so basic yet so essential, that will remind us of the 'natural pace of life' beyond smartphones and social media."

After years of running a successful plant blog, in January 2016 Josifovic and de Graff launched the Urban Jungle Bloggers Instagram account and were shocked by its rapid growth.

In just over a year, their Instagram had a whopping 270,000 followers, mostly women between the ages of 18 and 45. Josifovic suspects the enthusiasm for slow-growing, green spaces is a reaction to life in the fast-paced concrete jungle.

Lack of time and limited space can also explain millennials' growing interest in houseplants. This segment of the population is working longer hours and a higher proportion are living in condos that often regulate pet ownership, making plants a cheaper, easier alternative. Given the circumstances, a nursery for plants rather than for human or "fur" babies sounds perfectly logical.

"For me, they are definitely



Millennials surrounded by concrete are creating an urban jungle in their apartments, with many taking on 'plant babies' in lieu of furbabies and actual babies. CARLOS OSORIO/TORSTAR

a sort of replacement as I can't have a pet but I still want something living and thriving in my home," says Josifovic, "By choosing the right plants, you can actually keep your lifestyle without being worried about your green roommates. Avid travellers will opt for low-maintenance plants that can survive without attention over weeks .... think of cacti,

succulents, but also sturdy plants like snake plants etc."

Nurseries and garden centres have all seen a small but steady spike in millennial-aged gardeners purchasing houseplants.

Nelson French, an assistant manager at Plant World in Etobicoke echoes Josifovic.

"Plants are a great place to start if you're not sure you're

ready to become a parent." He says, "Move from plants to pets and then, just maybe, to kids."

"Millennials know that plants can 'finish' an otherwise cold or sterile room with a hint of life — the perfect accent or feature room highlight — not realizing that almost all plants will have their dormant and/or ugly stages ... Just like kids they can fall vic-

tim to disease and pests that make them 'difficult' and sometimes far less pretty," French says.

But unlike children, you can slowly kill your once beloved plants and dispose of them without any consequences, or even shame.

Jewelry designer Sonia Kang, 29, reassured me that if my plants were healthy, I was not a hoarder but rather, a proud plant parent or crazy plant lady. She should know.

Kang lives in a 409-square-foot bachelor apartment in Toronto's west end with a dog, a guinea pig, and 140 plants, specializing in tropical foliage and citrus trees.

"I recently had to get curtains around my bed. I can't sleep at night because I have grow lights on. My citrus trees require eight to nine hours of light to fruit," she says.

But sacrificing sleep was worth the lemons, limes and calamondins Kang's trees have produced.

"I feel happiness," she says, citing a study by the University College London and Bristol University that naturally occurring soil bacteria has a proven mood-boosting, antidepressant effect. "Gardening caters to my more nurturing side."

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# Mom's opioids put young kids at risk

## RESEARCH

### Study identifies 103 children treated for an overdose

Young children whose mothers have been prescribed an opioid are at an increased risk of being hospitalized for an overdose from the potent pain medications, most often through accidental ingestion, a study has found.

"It wouldn't be at all surprising for a two- or three-year-old to find a tablet and put it in his or her mouth," said Dr. David Juurlink, a senior scientist at the Institute for Clinical Evaluative Sciences who co-authored the study.

"And it's important to understand that a single tablet could kill a small child. These are very dangerous drugs at the high end of the dose range."

The study used 2002-2015 health records to identify 103 children aged 10 or younger who were treated in an Ontario hospital for an overdose and whose mothers had received publicly funded prescriptions for an opioid in the preceding year.

Each case was matched for risk comparison with a control group — children who had not suffered an opioid overdose and whose mothers had been prescribed an anti-inflammatory pain killer.

The researchers found that kids whose moms were given an opioid had more than twice the risk of suffering an overdose compared to children whose mothers were put on anti-inflammatory pills. Codeine, oxycodone and methadone were the most common cause of the drug overdoses.

More than half the children treated for opioid toxicity were under two years old, including nine who were babies under a

year old, say the researchers, whose study was published Monday in the journal Pediatrics.

"We don't know why the younger kids, under one, might have been exposed," said Juurlink, noting that children that age typically don't have the co-ordination or motor skills to independently access medications.

Thirty-nine of the children had to be admitted to hospital

— 13 of them to critical care units. None of the 103 children included in the study died as a result of the overdose.

But that's not always the case, said Dr. Yaron Finkelstein, an emergency medicine specialist at Toronto's Hospital for Sick Children, who co-authored the study.

Overall, more than 700 cases of opioid overdoses in young children were identified during the study period, but the

researchers could only link 103 of them through the province's drug benefit plan to maternal prescriptions.

Some of these children in the larger group died, but Finkelstein declined to say how many for privacy reasons.

Children who suffer an opioid overdose typically exhibit a unique combination of symptoms, he said.

"Most of them are lethargic or have an altered level of con-

sciousness, and they breathe very slowly and their heart rate and blood pressure go down many times, and there are other special signs like their pupils are pinpoints."

Injectors of the drug naloxone can reverse the effects of the overdose, but some kids end up in the ICU on a ventilator to support their breathing until the opioid toxicity resolves.

THE CANADIAN PRESS



Young children whose mothers have been prescribed an opioid are at an increased risk of being hospitalized for an overdose from the potent pain medications, most often through accidental ingestion, a study has found. THE CANADIAN PRESS

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3	9	2	5	4	7	6	1	8
1	8	4	2	9	6	5	3	7
6	7	5	8	3	1	2	4	9
2	4	9	3	1	5	7	8	6
7	5	6	9	8	4	3	2	1
8	3	1	7	6	2	4	9	5

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

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STK# HG201078

CASH PURCHASE	FINANCE	LEASE
<b>\$26,485*</b>	<b>\$162/BW*</b>	<b>\$159/BW*</b>
MSRP \$29,735 <\$3,250> TRADING DOLLARS	FINANCE PRICE: \$28,485	LEASE PRICE: \$28,735

### 2017 FORTE LX

STK# HE034578

CASH PURCHASE	FINANCE	LEASE
<b>\$13,255*</b>	<b>\$88/BW*</b>	<b>\$72/BW*</b>
MSRP \$17,255 <\$4,000> TRADING DOLLARS	FINANCE PRICE: \$15,505	LEASE PRICE: \$15,235

### 2017 RIO 4 LX

STK# H6071267

CASH PURCHASE	FINANCE	LEASE
<b>\$14,105*</b>	<b>\$84/BW*</b>	<b>\$87/BW*</b>
MSRP \$16,355 <\$2,250> TRADING DOLLARS	FINANCE PRICE: \$15,355	LEASE PRICE: \$15,355

### 2017 SEDONA LX

STK# N311598

CASH PURCHASE	FINANCE	LEASE
<b>\$30,385*</b>	<b>\$184/BW*</b>	<b>\$202/BW*</b>
MSRP \$32,635 <\$2,250> TRADING DOLLARS	FINANCE PRICE: \$31,385	LEASE PRICE: \$31,885

### 2017 SPORTAGE LX

STK# H7210546

CASH PURCHASE	FINANCE	LEASE
<b>\$26,435*</b>	<b>\$154/BW*</b>	<b>\$145/BW*</b>
MSRP \$26,935 <\$500> TRADING DOLLARS	FINANCE PRICE: \$26,185	LEASE PRICE: \$26,435

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## MEDIA

## Yiannopoulos loses book, speaking gig

Right-wing provocateur Milo Yiannopoulos endured a Monday to forget after he was disinvited to this year's Conservative Political Action Conference and then had his controversial book deal cancelled by publishers Simon & Schuster.

The moves came after his attempt to clarify past comments on relationships between boys and older men fell flat with organizers.

The American Conservative Union hosts CPAC, which is being held Wednesday through Saturday outside Washington. ACU chairman Matt Schlapp said that "due to the revelation of an offensive video in the past 24

hours condoning pedophilia, the ACU has decided to rescind the invitation of Milo Yiannopoulos to speak."

After the polarizing Breitbart News editor was invited, his invitation sparked a backlash. The conservative Reagan Battalion blog tweeted video clips Sunday in which Yiannopoulos discussed Jews, sexual consent, statutory rape and child abuse.

Later Monday, the British author's upcoming book was axed.

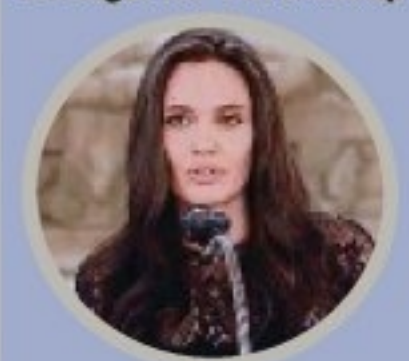
"After careful consideration, Simon & Schuster and its Threshold Editions imprint have canceled publication of Dangerous by Milo Yiannopoulos," the publishers said. THE ASSOCIATED PRESS



Milo Yiannopoulos writes for the far-right publication Breitbart News. THE ASSOCIATED PRESS FILE

### JOLIE OPENS UP

Actress says she will be 'stronger for' Pitt breakup



Angelina Jolie says that she and her family have been going through a "difficult time" since the breakup of her marriage to Brad Pitt, but added that hopefully they would come out "stronger for it."

The actress and filmmaker spoke briefly about her personal struggles while promoting her new movie, First They Killed My Father. It's set in Cambodia and based on the life of human rights activist Loung Ung, who was a child during the brutal Khmer Rouge regime. Jolie, who has custody of her six children with Pitt, said that "we are and forever will be a family."

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

## Crashing on mattress of a Lazyman Comedy

THE SHOW: Crashing, Season 1, Episode 4 (HBO)

THE MOMENT: The drug deal

Pete (Pete Holmes), a meh comedian whose wife just left him, is passing out flyers for a comedy club when a rival comic steals his corner. Detouring down a side street, he interrupts two guys doing a weed deal.

"I'm so sorry, I'm not a narc," Pete sputters to the dealer (Joey Auzenne). "Though I'm sure that's what narcs say. They're not going to say, 'I'm a narc.'" After another minute of this, Pete asks Dealer how to get his corner back.

"Set it off," Dealer says. "Be a man. Represent."

"Represent an attitude?" Pete asks, earnest but bemused.

"You gotta flip the switch," Dealer says. "You gotta light it up." "Sorry," Pete says, "but this sounds like lyrics from the album Willenium."

There's a potential comic riff in here somewhere, about how



In Crashing, Pete Holmes crashes on the couches of better comedians who make guest appearances. CONTRIBUTED

square white guys think black guys are automatically cooler. But Holmes, who also writes the show, and Judd Apatow, who directs and produces it, didn't bother to find it. Instead, they let things meander in the general direction of funny.

The series' conceit is that in every episode, Holmes crashes on the couches of better comedians who make guest appearances — an excuse for Apatow to hang out with his pals. So

it has the vibe of improv, but without any shape or sharpness. It's Lazyman Comedy.

"I'm too soft to be in a fight," Pete says to Dealer. "I'd be like a mattress going at it." It's a good description of the show. What I can't figure out is why we're supposed to care.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



SPONSORED CONTENT

CAMP GUIDE



CONTRIBUTED

## Push your limits at a life-changing summer camp

How does summer camp that provides high school credits plus life-changing experiences sound?

For Alberta students, it's a reality many return to year after year — Progressive Academy's Mountain Adventure School (MAS), which offers two weeks and four levels of hands-on learning and training in whitewater canoeing, rock climbing and rappelling, first aid, wilderness living, in-class theory and much more.

"We see kids change after their first experience — and many look forward to coming back as leaders themselves," says Russell Weir, operations director for the Progressive Academy. "Sessions fill up quickly. The program can be the start of a career path in guiding or nature conservation. But it's really for everyone — we want to create well-rounded students who push their limits and achieve great personal growth."

The MAS summer program is run in conjunc-

tion with HeLa Ventures, where supervising teachers and professional climbers, paddlers and first aid instructors provide fun and supportive 10-14 day sessions for groups of 20 to 40 high school students. The camp, just outside of Rocky Mountain House, provides all meals and accommodations in the program fees, (\$1,000 to \$1,300) and transportation to and from the camp by bus from Edmonton. Camp registration is at progressiveacademy.ca

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will

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# LEARNING CURVE



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## Educating tomorrow's industry leaders

Mount Royal University massage therapy instructor Deanne Mansfield got into massage because she loved the idea of working with someone one on one to help facilitate a better quality of life.

Over the past 18 years in the field, Mansfield has furthered her education to specialize in cancer and chronic care illness, as well as bringing her industry knowledge into the classrooms at MRU as an instructor and course developer within the massage therapy program.

"I love what I do for many reasons," says Mansfield, a registered massage therapist.

"Being a massage therapist has also allowed me to venture into many different but related things: teaching, course development, giving information sessions to other health care professionals and volunteering my services in community outreach programs."

The massage therapy program at MRU is a

carefully constructed program providing all the elements and experience needed to create massage industry leaders.

MRU massage therapy students can expect to receive a thorough education in science-based study, such as anatomy, physiology, nutrition, pathology, and neurology among others.

There is a strong focus on honing the hands-on art form of basic relaxation, advanced techniques, palpation, hydrotherapy and multiple levels of specific treatments.

The basics of business and field-related ethics are also a strong component of the 2,200-hour program.

This program is delivered through a variety of methods including online, lecture and hands-on and clinical practice. Students have the option to take it either full time or part time.

For more information about the massage therapy program at MRU, visit [mru.ca/massage](http://mru.ca/massage).

## 'Video is such a powerful and potentially far-reaching medium'

Video has the power to incite emotion, tell a story, or simply entertain.

The video production program offered through Continuing Education at Mount Royal University, lets individuals learn how to tell more effective and impactful stories through the use of video.

"Video is such a powerful and potentially far-reaching medium," says Gil Ngai, chief storyteller at Day One Media, MRU instructor.

"I love telling beautiful stories and video allows me to help businesses tell their stories in such a personal and moving way."

The video production program is an introductory certificate on both the creative and technical aspects of video production.

All the courses are extremely hands-on.

"We'll actually use GoPros, drones and cinematic motion equipment together," says Ngai.

"In just three short courses, we tackle creativity, theory and technical skills."

Over the past few years, video has become an enormous marketing force, and having skills in video can make you an extremely valuable member of any organization.

"It will open many career doors in marketing positions in any industry," says Ngai.

"Those who pursue their studies in drones and aerial footage will find huge opportunities in oil and gas in geomapping and seismic surveying, as well as in agriculture and construction, among many more."

Classes are offered in the fall and spring.

They take place over two evenings a week for a span of three hours at MRU's Continuing Education Centre.

For more information about the video production program at MRU, visit [mru.ca/video](http://mru.ca/video).



CONTRIBUTED

## PARTICIPANTS NEEDED: YOUTH MENTAL HEALTH EXERCISE STUDY

- Are you between the ages of 12 and 25? Experiencing **distress or mood changes**? OR
- Concerned about recent changes in your **thoughts, behavior or experiences**? AND
- Interested in participating in regular exercise with a personal trainer?

**403.210.8740** or [naps@ucalgary.ca](mailto:naps@ucalgary.ca)

This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB15-1776



UNIVERSITY OF CALGARY  
CUMMING SCHOOL OF MEDICINE







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# UNIQUE PROGRAM IN INFORMATION DESIGN TEACHES STUDENTS TO BE CRITICAL THINKERS

The information design program is a relatively new and unique offering at Mount Royal University and it is also the only program of its kind in Canada.

Information design students learn to produce clear, concise and visually attractive materials, enhancing how people read, understand and use information.

"What makes our program different is that our students learn how to create and design information that is meaningful to people," says Ben Kunz, chair of information design at MRU's School of Communications Studies.

"Students also learn to apply a range of traditional and evolving design principles to a variety of real-world problems — they learn to become sense makers."

This program teaches students to be critical thinkers and ask the right questions.

"There is a high demand for this type of knowledge worker," Kunz says.

"There is also a need for effective information design in just about every sector — making it a great time to be an information designer."

The information design program is designed for people who are interested in making changes to the world around them.

This program is also designed for people who like to create things that make sense of things.

"We attract students that like to write and design artifacts that will help people understand, perform or locate things," Kunz says.

Throughout the program, students will learn to combine skills in writing, design, typography, project management, instructional design, usability, human performance technology, and human factors that reach far beyond traditional programs in design, technical communication or publishing.

"A key strength for information design graduates is their ability to conceptualize procedure and compete in the global marketplace," Kunz says.

"The interdisciplinary curriculum of the bachelor of communication — information design degree responds directly to current market trends."

Graduates of this major may go on to pursue careers as change makers, technical writers/communicators, instructional designers, safety information designers, e-learning designers, graphic designers, visual identity designers/managers and many more.

Only 39 students are accepted into the fall semester each year (with only one intake per year) and the program is a part of the four-year bachelor of communications degree.

Students of the information design program are also required to complete one, non-credit, semester-long supervised work experience in the communications field.

Information design is one of four majors available in the bachelor of communication; the others are journalism, public relations and broadcast media studies.

"The four words that describe our program: transformational, disruptive, reflective and innovative," Kunz says.

To learn more about the information design major or the bachelor of communication at MRU, visit [mtroyalinfolodesign.ca](http://mtroyalinfolodesign.ca).

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# STUDY FOCUSES ON IDENTIFYING MENTAL HEALTH RISK IN YOUTH

Researchers recruiting participants for exercise intervention study



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If you or your child is experiencing symptoms associated with mental illness, but not at the intensity or frequency required for a diagnosis of mental illness, the PRO-CAN: Canadian Psychiatric Risk and Outcome Study Exercise Intervention is looking for you.

This study being conducted at the Cumming School of Medicine is currently looking for individuals between the ages of 12 to 25 to take part in examining the effects of exercise in youth at risk for serious mental illness (SMI).

"Participants will be helping further research in youth and mental health," says Syl Corbett, a PhD student and lead researcher on this study.

"They are likely to gain personal physical health benefits with increased aerobic fitness."

By taking part in the study, participants will have the opportunity to receive study-related assessment, monitoring and education.

The goal of the study is to improve the ability to identify youth at risk of mental illness and better understand why some young people develop mental health concerns and others do not.

Study participants perform aerobic exercise three times per week for an hour for 16 weeks.

If they can't come to the gym on a particular day, they are given the option to do the workout on their own.

The study is still recruiting for the 10 remaining spots in the program.

All the training sessions occur at Kinetix, a gym located in the TRW Building on the Foothills campus at the University of Calgary.

For more information, call (403) 210-8740 or email [napls@ucalgary.ca](mailto:napls@ucalgary.ca)



CONTINUING  
EDUCATION

## Take your next step

Not all travelers take the same route.

Paul left the oil and gas world behind and chose to pursue his passion for the outdoors.

Now, as a certified personal fitness trainer, he coaches others to make bold and adventurous life choices.

[mru.ca/conted](http://mru.ca/conted)



## CONNECTING GRADUATES WITH EMPLOYERS

As any business owner knows, finding the right people to work within your organization can be a grueling and time-consuming task.

Through the Connections to the Workplace project offered by Bow Valley College, employers can receive assistance in finding young, post-secondary graduates from across all industries to fill positions within their organization.

"After many trial-and-errors, I turned to Nathalie Caron, project officer of Connections to the Workplace, and I am happy to have Amanda join our team," says Coral Toews, owner of Fresh Laser.

The program helps to vet candidates before placement and, because the program is funded by the Government of Canada, employers are provided with a subsidy during the 12-week probation period.

"Connections to the Workplace has provided us with an exceptional candidate to meet the needs of our growing business," says Baha Kakar, sales manager of Innova-



**Bow Valley College graduate Amanda Redding, left, and owner of Fresh Laser Skin Studio Coral Toews.** CONTRIBUTED

tive Restyling.

"It is clear that the qualities we were searching for in a potential candidate were sincerely taken into consideration and delivered upon. We are thrilled with our current placement, and would enthusiastically recommend Connections to the Workplace."

There is a simple two-step process for an employer to register with Connections to the Workplace online and confirm placement by signing a contract.

If you are an employer interested in partnering with Connections to the Workplace in the next four months, register online at [mycareerconnection.ca/youth](http://mycareerconnection.ca/youth).

## ENGAGE IN THE WORLD THROUGH HANDS-ON TRAVEL STUDIES

Ambrose University seeks to provide students and community members with a variety of learning experiences.

"Travel studies are an excellent way to experience the global world we live in while practically applying classroom knowledge," says Angie Redecopp, an associate professor in business administration and development studies, as well as a member of Ambrose's International Learning Committee.

"Several programs at Ambrose, including business, development studies, biology, history, intercultural studies and theology offer travel study opportunities for Ambrose students and in several cases, members of the public as well."

Redecopp is involved with the travel studies offered through the business program, specifically those cross-listed with Ambrose's development studies minor.

"We currently offer two travel studies in this area — an international community development travel study in the Dominican Republic and an international economic development study in east Africa," says Redecopp.

"These travel studies are typically offered in May and alternate on a yearly basis."



CONTRIBUTED

They are typically about three weeks long and involve visiting with organizations and learning about the work they do in the field.

"We are challenging our business students to engage in the world around them — and ultimately to seek to better society through their business endeavors," says Redecopp.

"While guest speakers can provide a second-hand perspective on what the needs of our world are, these learning experiences are not the same as those obtained through first-hand encounters with development organizations, social businesses and the individuals that they serve."

The next travel study for this program will be offered in May 2018.

For more information about this program, visit [ambrose.edu/content/undergraduate-travel-study-course-offerings](http://ambrose.edu/content/undergraduate-travel-study-course-offerings).

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# GIVING YOU THE CONFIDENCE TO SUCCEED

Tracey Agnew never thought her time at the Academy of Learning would have impacted her life in such an empowering way when she first set foot on the campus in 2016.

"This place has made me have more confidence in myself than I ever have had," says Agnew, who enrolled at the Academy of Learning in the community service and addictions worker diploma program.

"Now I am done school, I have an awesome diploma in a field I love and I have an amazing job," says Agnew. "I could not have done it without the love and support of the staff at the Academy of Learning."

From the moment Agnew walked in the door, she was greeted by a member of the student support services department, who helped to begin her enrollment process.

"Everyone who works at Academy of Learning really showed that they cared about me," says Agnew.

"I could not believe how all these people who I did not know wanted me to do the



ISTOCK

best I could and better than I ever thought I could."

For Agnew, Academy of Learning gave her a sense of community, one that helped her to succeed in her schooling.

"It was so welcoming and it makes you want to go and just be around these amazing people," says Agnew.

"I am going to miss it and it is time to move on, but I will never forget the people who helped change my life and now I get to change other people's lives."

To learn more, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## Advance your career, upgrade your skills by winning a \$1,000 bursary

There are some perfectly timed chances in life. When a chance comes around, take advantage of it.

If you're looking for a new career, or you want to upgrade your skills to become more valued and better paid in your current job, now is the time to sign up for a program at CDI College.

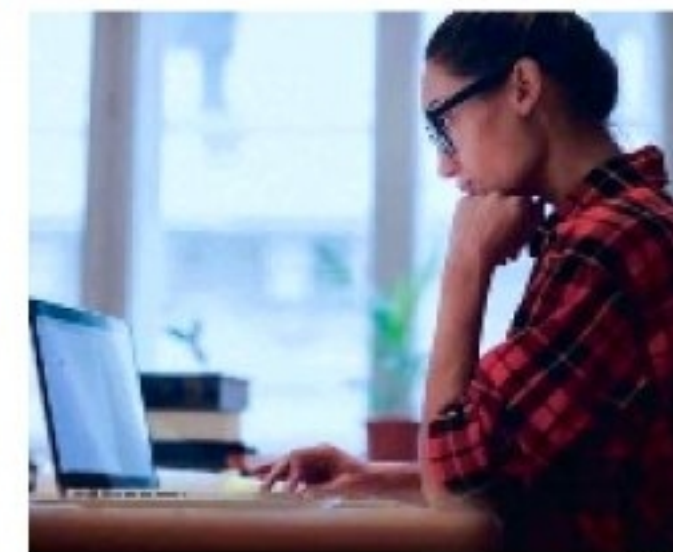
The school, located in several locations across Calgary, including in the heart of downtown, is offering a limited-time \$1,000\* bursary at each of its campuses. Students who enroll in any program at CDI College between Jan. 23 and Feb. 28, 2017, will be entered to win the bursary.

It's one of 25 bursaries totalling \$25,000 that the college will be giving out across

Canada, one at each campus.

CDI College is the ideal place to upgrade. The career-focused programs educate students to fill an identified need in the marketplace — in job positions where employers are in need of talented, skilled staff.

Get educated in the tech sector, with all the skills you'll need to become a computer support technician.



ISTOCK

Or take one of the college's health care programs to help you find a fulfilling profession as a pharmacy assistant or in medical office administration.

Oil and gas administration and many other business specialty programs will prepare you to start work in a fulfilling and valued position.

To qualify for the bursary, students must enroll by Feb. 28. You can learn more at [bursaries.cdicollege.ca](http://bursaries.cdicollege.ca).

*\*Certain conditions apply. Contact campus for more details.*

[www.stmu.ca/dinner](http://www.stmu.ca/dinner)

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Thursday, March 9, 2017

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Calgary, Alberta

Celebrating  
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# CREATE AND BE INSPIRED WITH A CAREER IN THE FASHION INDUSTRY

The fashion industry is a billion dollar industry, and fashionistas, costumers and apparel construction experts are in high demand.

The Fashion Institute of Olds College is a great place to start your fashion career.

"The Fashion Institute by Olds College, located in the heart of downtown Calgary, is Alberta's premiere destination for students seeking a career in the fashion industry," says Teri McKinnon, manager and program chair at the Fashion Institute.

Located on the top floor of the Bow Valley College building, with state-of-the-art spaces where students can create and be inspired, the Fashion Institute by Olds College is home to two distinctive programs for the fashion industry: fashion marketing and apparel technology.

The fashion marketing certificate is an eight-month program that prepares graduates for an exciting career in the fashion industry where they will be able to market, display and sell fashion.

## THE FASHION INSTITUTE BY OLDS COLLEGE ... IS ALBERTA'S PREMIERE DESTINATION FOR STUDENTS SEEKING A CAREER IN THE FASHION INDUSTRY.

– Teri McKinnon, The Fashion Institute

The apparel technology program offers two majors: fashion apparel, and costume cutting and construction.

Fashion apparel is where students learn the art of fashion design, pattern making, construction and alterations.

In the costume cutting and construction major, students will be exposed to the world of performing arts and be able to work in a variety of wardrobe and costume roles.

To showcase the work done in these programs, the Fashion Institute also puts

on many events throughout the year, like the annual Paper Dress Competition for high school students taking place March 4 at Sundridge Mall and March 11 at South Centre Mall, and the annual year-end Fashion Show on April 27.

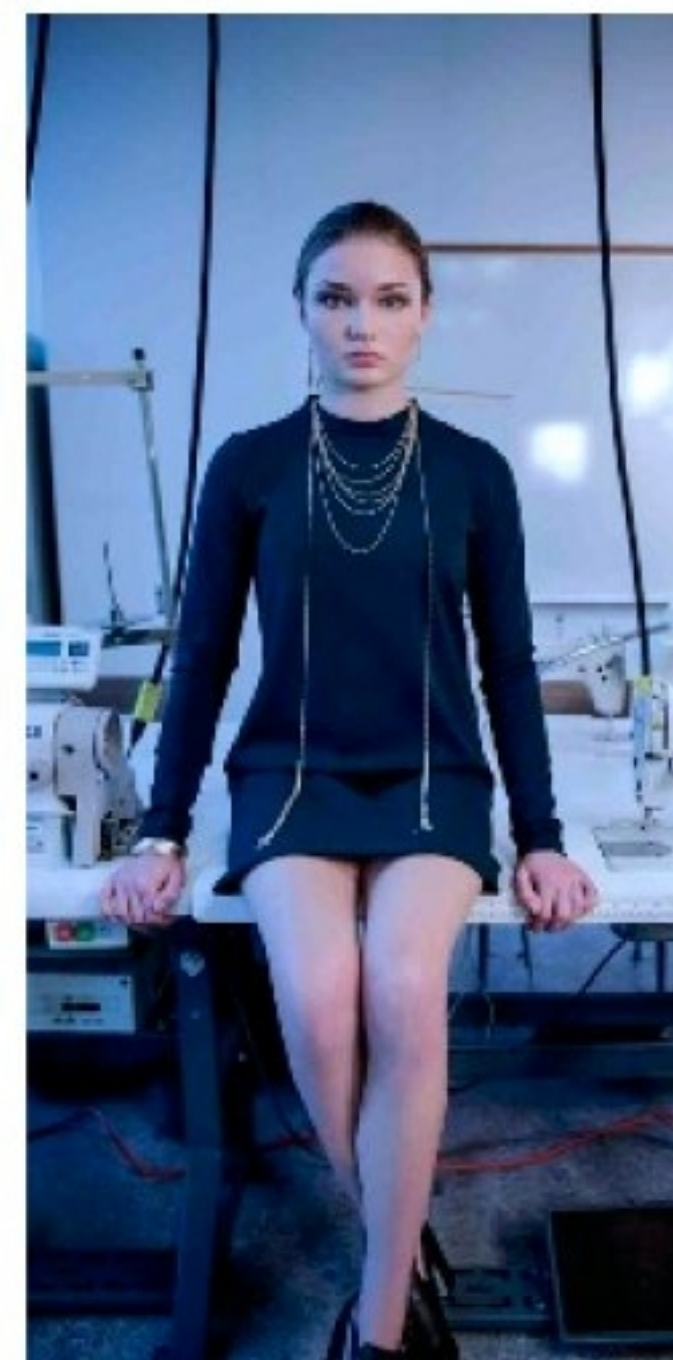
Anyone with an interest in the Fashion Institute and the programs offered there is encouraged to grab some friends and attend the upcoming Preview Day.

Preview Day takes place on March 9, starting at 9 a.m., and is a wonderful opportunity to learn more about the programs offered at the Fashion Institute, meet current instructors and students, tour the facilities and really get a feel for what it's like to be an Olds College student.

Lunch will also be provided.

To register for Preview Day, go to [oldscollege.ca/visit](http://oldscollege.ca/visit).

For more information about the Fashion Institute, go to [oldscollege.ca/programs/fashion/](http://oldscollege.ca/programs/fashion/).



ELLE YIFAN XU, ACAD

## Connections to the Workplace

Connecting young professionals to employers.

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Contact us at:

[careerfocus@bowvalleycollege.ca](mailto:careerfocus@bowvalleycollege.ca)  
or 587-390-6280

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# Building the future for justice in Alberta

Over the last 30 months, the justice and public safety professional programs at Columbia College have evolved, been re-engineered and made significant contributions as they help build the future for justice in Alberta and Canada.

"My goals are to continue this trend in building capacity in areas of PTSD and emergency services professionals, drug use and abuse associated with the drug trade and of course, technology in justice professions," says Lonnie Croal, director of justice and public safety professional programs at Columbia College.

"Let's face it, our communities change as fast as yesterday, so should our programming — and it does."

All classes in the School of Justice and Public Safety are taught by individuals who are working in the profession and classes are held on evenings and Saturdays, as well as being offered in an accelerated format.

"Adding to this feature in our program



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is that Columbia is an accelerated course program where adult learners are engaged in a diploma at a much faster process than others," says Croal.

While Croal says this format may not be for everyone, the accelerated learning environment allows for a learner to complete a two-year justice diploma in 12 full months.

Through established relationships with the police and the justice and corrections professions, Columbia College take every opportunity to connect students with future employers.

For more information about these programs, visit [columbia.ab.ca](http://columbia.ab.ca).

# Helping immigrants in transition

For more than 35 years, Calgary Catholic Immigration Society (CCIS) has been dedicated to the successful settlement and integration of immigrants and refugees in Southern Alberta.

"As the province's largest not-for-profit immigrant-serving agency, and one of the leading agencies in Canada, we are committed to understanding the challenges that newcomers face, and to developing innovative programs and services that will help our clients overcome barriers to integration and successfully transition into the workforce, the community and Canadian society at large," says Anna Mazur, program coordinator for computer training for employment at CCIS.

To help make the transition into the workforce smoother, CCIS offers computer training for employment (CTE).

The CTE program has been designed to help low-income learners who wish to build their computer skills with affordable training opportunities as well as the necessary information and support to boost their employability and enhance their competitiveness in the job market.

Courses include: Introduction to Computers; Windows 7, Internet and email; MS



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Outlook 2010; MS Word 2010 (foundation), MS Excel 2010 (foundation); keyboarding; online job searches and applications; and social media.

Classes run in the evenings from 6 to 9 p.m. as well as Saturdays from 9 a.m. until 3 p.m. Students may choose to take all eight courses, or individuals ones based on need.

This program is government funded, but participants are still required to pay a minimum fee for many of the courses.

For more information, contact Mazur at [amazur@ccisab.ca](mailto:amazur@ccisab.ca), or visit [ccisab.ca](http://ccisab.ca).



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Coming from the Philippines, Maria Chine Arzadon never expected her new life in Canada to lead her to a career in health care.

As a hotel and restaurant graduate, Arzadon sought out employment related to that field when she arrived in Canada in 2012.

She ended up landing in the food services department at AgeCare Midnapore — a seniors care facility.

Working in this facility is what made Arzadon discover she was passionate about patient care and wanted to move into a career where she could have an impact on the lives of patients and their families.

“I really wanted a new opportunity with the same company, but wanted to help take care of the clients,” Arzadon says.

This is when a friend referred her to the health care aide program at Robertson College.

Since she had no prior knowledge or experience in the health care field, Arzadon said she had to start from scratch and the HCA program at Robertson College was a great fit for her.

“This program and the instructors helped me a lot because it was not my original field of study, so they taught me a lot of things that have been useful in my new career,” Arzadon says.

“Robertson had a good method of teaching and were helpful to students and I found the program to be very hands on and flexible to our schedule.”

Since graduating from the program in April 2016, Arzadon is now working two jobs as a HCA — one at the facility where she completed her practicum portion of her program.

“I got hired on right away after my practicum,” Arzadon says.

Now that she is a trained professional in the field, she is beyond happy with her decision to become a HCA.

“Giving care to the residents and seeing them happy feels so good,” Arzadon says.

“It is very rewarding work when you meet the patients’ and their families’ expectations of care.”

For those considering the HCA program at Robertson College, Arzadon says it is a great program for individuals who are prepared to put the needs of their clients first and for those looking for a rewarding career.

“You have to embrace the workload and be willing to give the kind of care the patients deserve and expect from you,” Arzadon says. Arzadon eventually hopes to continue her education to study to become a licensed practical nurse.

For more information about the health care aide program at Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).



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# A cutting-edge education

If there's one field that offers a job for every personality type, it's business. There's a huge variety of positions out there with many different employers. If you're looking to start a career in the field, a job in business administration management may be for you.

As a business administration management professional, you'll be overseeing how the different aspects of the business, its finances and its day-to-day operations work together to run successfully.

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With these skills you'll be armed to run any business, whether you're working for a company, or you're starting your own business as an entrepreneur.

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administrative assistant, bookkeeping assistant, marketing assistant, customer service representative, and more.

The best way to get your foot in the door is by taking a great educational program. The Reeves College Business Administration diploma program offers cutting-edge skills and knowledge from experts in the field.

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For more information on the Business Administration Management program at Reeves College, visit [study.reevescollege.ca](http://study.reevescollege.ca), or call 1-800-533-1457.

# Gain valuable experience while working toward your degree

One of the ways the University of Regina helps their students to prepare for the world outside of the school, is through experiential learning and the co-op work experience program.

"This is a chance for students to get professional experience while they are still university students," says Shayla Dietrich, manager, student recruitment and marketing, University of Regina.

"They make important connections, develop valuable skills and earn money prior to finishing completing degree."

This co-op program was the first in Western Canada and was the start of the University of Regina's intentional commitment to experiential learning.

The co-op program is designed for students in the faculties of arts, science, business and engineering, and includes undergraduate and graduate students.

For Mantle-Blachford Award winner (University of Regina Co-op Student of the Year — 2015) Claudine Costa, the co-op program was an invaluable tool that helped lead her to her current career success.



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"As an aspiring engineer, the co-op program has given me the opportunity to develop extensive skill sets and equipped me with a strong work ethic that will assist with my transition into the industry upon graduation," says Costa.

The University of Regina also provides a variety of career services to help you secure employment after you graduate.

For more information visit [uregina.ca](http://uregina.ca).

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Windows 7 & Internet/Email	12	Mon-Thurs: (6:00pm-9:00pm) March 20-23 Mon-Thurs: (6:00pm-9:00pm) April 3-6	\$120
MS Word Foundation	18	Monday-Monday: (6:00pm-9:00pm) March 6-13 Saturday: (9:00am-3:00pm) March 25, April 1, 8 Monday-Monday: (6:00pm-9:00pm) April 3-10	\$120
Outlook	12	Mon-Thurs: (6:00pm-9:00pm) March 20-23 Tues-Fri: (6:00pm-9:00pm) April 18-21	\$120
MS Excel Foundation	18	Saturday: (9:00pm-3:00pm) March 11, 18, 25 Monday-Monday: (6:00pm-9:00pm) April 24-May 1	\$120
Social Media for Employment (LinkedIn, Facebook)	12	Tues-Friday: (6:00pm-9:00pm) March 14-17 Saturday: (9:00am-3:00pm) April 1, 8 Tues-Friday: (6:00pm-9:00pm) April 18-21	\$120
On-Line Job Search	18	Friday-Friday: (6:00pm-9:00pm) March 24-31 Monday-Monday: (6:00pm-9:00pm) April 3-10 Monday-Monday: (6:00pm-9:00pm) April 24-May 1	\$120

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# Enhancing academic growth at St. Mary's University

Good students never grow alone, they are part of a support network of peers, staff and faculty and understand that there is always room for improvement.

The St. Mary's Learning Centre is a key element of the network, a hub of resources designed to enhance academic growth.

The Learning Centre provides students with the latest training, tools and information to enhance their academic skills.

"St. Mary's University Learning Centre is continually adapting and creating new services to address current relevant needs of our students," says Rafael de la Peña, director of the Learning Centre at St. Mary's.

"Our enhancing model informs how we design inclusive programs to support a variety of learning styles and growth opportunities."

De la Peña says one of the roles of postsecondary education is to accompany students as they become adult citizens and productive members of society.

"We have this present when designing a new program or service," says de la Peña.

The time management success seminar incorporates strategies used by executives in the business world.

A peer-mentoring session supports building lifelong learning skills.

Since opening, the Learning Centre has increased the number of seminars and added more topics based on feedback from students and professors.

"Our writing centre and peer-mentor program has had an increasing number of students seeking to enhance their academic skills," says de la Peña.

"Attendance to the success strategies series is at a record high with more of our own professors endorsing the seminars as part of a robust academic development."

One of the largest services the Learning Centre provides is the university pathways and transition programs.

The pathways program offers high school English or math equivalency courses



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that can be presented for admission to university.

The transition program is designed to help students succeed in their studies and get the most out of their time in university.

The Learning Centre is also currently developing an academic readiness project

that will round up the existing transition to university programs while adding new and exciting resources for high school students transitioning to postsecondary education.

For more information about the St. Mary's University Learning Centre, visit [stmu.ca/learning-centre](http://stmu.ca/learning-centre).



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# Facilitating growth in the medical field with hands-on programming, practical skills

**'It's an honour and a privilege to see our graduates succeed in their new careers and I feel inspired that I had a part in their success'**

Working in the health care field can be an extremely rewarding career, but so can training the next generation of health care workers.

For ABES (Alberta Business and Educational Services) instructor Sandi Janke, she finds this task to be challenging but very rewarding.

"I have fun sharing my knowledge and experience with the students and I try to make learning fun for them," says Janke, unit clerk and medical office assistant instructor, ABES.

"It's an honour and a privilege to see our graduates succeed in their new career and I feel inspired that I had a part in their success."

Prior to joining the ABES faculty, Janke was a hospital unit clerk on labour and delivery and postpartum units, as well as having worked in an admitting department.

During her time in the field, Janke also worked in a few different medical offices, where she gained valuable knowledge of what employers are looking for in their employees.

While she enjoyed her time in the field, she was excited by the opportunity to join the ABES team and pass along the knowledge she had gained while in the field.

"I heard through a friend that ABES was looking for a teaching assistant, so I sent in my resumé and got the job," says Janke.

"I started supervising typing classes and quickly moved up to instructing."

She is now an established instructor in the unit clerk and medical office assistant program.

"We are unique in the sense that we offer two certificates; one for unit clerk and one for medical office assistant, plus a practicum we find for the students in both areas," says Janke.

"We strive to help students be the best they can be with a very caring environment and 'open door' policy."

This course is designed to give students the theoretical knowledge and real-world practical skills they need to assist patients and personnel at any type of medical establishment.

"We offer 20-weeks classroom instruction plus a four-week unit clerk practicum and a three-week medical office assistant practicum," says Janke.

"We strive to have the students 'job ready' with classes in medical terminology, health unit coordinating, learning to take manual blood pressure and typing."

Due to ABES's strategy of developing programs with the cooperation and input of relevant partners, such as AHS, the health care industry knows that ABES' programs best prepare students for employment.

Because of these partnerships, ABES graduates boast a employment rate of more than 95 per cent in this field.

For more information about this program, or ABES, visit [abes.ca](http://abes.ca).



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# TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

## Sing a song for Calgary's National Music Centre

Calgary may be Canada's unofficial country music capital, but all kinds of music are celebrated at Cowtown's National Music Centre.

Part of a new facility built around the King Edward Hotel, one of Canada's oldest blues bars, the NMC catalogues the nation's musical heritage over its five floors and 22 "stages" (the institution's preferred name for its galleries).

Its collection of some 2,000 musical instruments spans over 450 years, with the oldest being a 1560 Italian Virginal, a harpsichord-like instrument that's still playable. Other treasures on display include the 1959 Gibson Les

Paul guitar that Randy Bachman used to write Guess Who hits like Undun and American Woman, Alanis Morissette's harmonica, as well as TONTO, one of the world's first synthesizers.

The NMC is also interactive. Its artists in residence — who have included Australian hitmaker Gotye, Daniel Lanois and Timber Timbre — compose on site, and visitors are encouraged to interact with many of the exhibits. Aspiring musicians aged 13 to 19 can even learn to play an instrument and write music at the weekly Jam Club. And the sandwiches are free.

SEAN PLUMMER



The NMC catalogues the nation's musical heritage, including the Tragically Hip and Celine Dion. TORSTAR NEWS SERVICE



## Alberta beavers give a dam

It sounds boastful to claim that Alberta has the busiest beavers, but it does. Case in point: the 850-metre long beaver dam located along the southern border of Wood Buffalo National Park. Biologists estimate it would have taken at least 20 years to build, and it's the largest beaver dam ever discovered. First spotted in 2007 in photos from Google Earth, it exists in a remote part of the park, inaccessible to humans but not, presumably, to beavers.

SEAN PLUMMER



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St. Paul, Alberta, built a UFO landing pad in a bid to boost tourism. ISTOCK

## Alien Nation

Sure, Canada turns 150 this year, but don't forget that other anniversary: the 50th year of the UFO landing pad in St. Paul.

In a bid to boost tourism, the tiny Alberta town built the world's first UFO landing pad to mark Canada's

1967 centennial and give visiting Martians a place to park their ride.

Tourists who don't happen to spot an alien spacecraft can console themselves with inflatable aliens and novelty T-shirts from the town's gift shop. SEAN PLUMMER

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# White House? No thanks

## POLITICS

### Athletes snubbing the president is nothing new

The routine is familiar. The president makes a few bad jokes. The championship-winning team presents the leader of the free world with a personalized jersey. Everyone smiles for the cameras.

Nothing political about that, right?

Not exactly. In a divided nation, everything is political.

While presidents have been snubbed before, six players from the Super Bowl champion New England Patriots took it to another level by preemptively turning down an expected invitation from President Trump.

Rest assured, they won't be the last to mix sports and politics.

"The balance of power in professional sports now rests more with the performers than the owners," said Stephen Mosher, a professor of sports management and media at Ithaca College. "Without a labour force, (Patriots owner) Robert Kraft has nothing but an empty stadium. He has to let his employees make these political statements if he wants to win. He has to. There's too many different political views held by players in the National Football League."

"Actually," Mosher added, "I think it's quite refreshing."

The Patriots were part of the



The New England Patriots last visited the White House in April 2015 — sans Tom Brady.

WIN MCNAMEE/GETTY IMAGES

political discourse even before they dramatically rallied from 25 points down to beat the Atlanta Falcons in the first Super Bowl to go to overtime.

Kraft is a friend of the 45th president, and quarterback Tom

Brady drew plenty of scrutiny when one of Trump's "Make America Great Again" caps was spotted in his locker at the start of the contentious presidential campaign.

Then, with the Patriots still

in the midst of their Super Bowl celebration, tight end Martellus Bennett made it clear he had no intention of visiting Trump's White House.

Five teammates — defensive back Devin McCourty, running back LeGarrette Blount, defensive end Chris Long, linebacker Dont'a Hightower and defensive tackle Alan Branch — quickly followed suit. Most pinned their decision on political differences with the Republican admin-

istration.

Significant, to be sure.

But nothing new. Some two dozen athletes have turned down the opportunity since these visits started becoming a tradition under President Reagan.

That list includes Brady, who didn't attend a 2015 celebration because of what the quarterback insisted was a "family commitment" but others speculated was because of some unflattering comments a spokesman for President Obama made about the Deflategate scandal.

For some, a trip to the White House was no big deal.

Michael Jordan and Larry Bird fall under that category with the latter shrugging off an invitation from Reagan after the Boston Celtics won an NBA title, crabbily explaining, "If the president wants to see me, he knows where to find me."

Others cited political differences with those in power in declining.

Boston Bruins goaltender Tim Thomas declined to join the 2011 Stanley Cup champions on their White House visit, writing on social media that the government "has grown out of control, threatening the Rights, Liberties, and Property of the People."

Baltimore Ravens centre Matt Birk passed on a chance to meet with Obama because of the president's support of Planned Parenthood. Golfer Tom Lehman was even more outspoken when rebuffing a president, calling Bill Clinton "a draft-dodging baby killer."

THE ASSOCIATED PRESS

## NHL

### Flames bolster blue line via trade

The Calgary Flames have acquired defenceman Michael Stone from the Arizona Coyotes for two draft picks.

Stone has a goal and eight assists in 45 games with the Coyotes this season and will be looked to for help in shoring up Calgary's defence as it makes a playoff push. The Flames entered Monday's games a point up on Winnipeg for the second Western Conference wild-card spot.

The 26-year-old Winnipeg native has 24 goals and 96 assists in 324 career games with Arizona.

The Coyotes, second-last in the league at 47 points, get Calgary's third-round pick in the 2017 NHL draft and a conditional fifth-round draft choice in 2018. THE CANADIAN PRESS



Michael Stone, 26, is listed as six-foot-three and 210 pounds. GETTY IMAGES

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# Manitoba pounce as McCarville blows lead

## CURLING

## Thunder Bay team was 6-2 up but Englot got the victory

Krista McCarville vows her Northern Ontario team is done with larceny, although it has been profitable for them.

Her Thunder Bay four-some led last year's Canadian women's curling championship in stolen points with 31, but it was the playoff round where they took thieving to spectacular heights.

Trailing in both games, McCarville stole three points over the ninth and 10th ends of a playoff win over Manitoba and did the same in a semifinal victory over defending champion Jennifer Jones.

McCarville, third Kendra Lilly, second Ashley Sippala and lead Sarah Potts out of the Fort William Curling Club fell 8-7 to Chelsea Carey in the final in Grande Prairie, Alta. McCarville prefers they not white knuckle their way to wins in St. Catharines, Ont., this year. "Just before we came here we talked about that and why that happened," McCarville said.

"We tried to figure out why did we play that much better after the fifth end. I think when our backs are against the wall, that's just what we do. We pick up our game and play a little bit



Northern Ontario skip Krista McCarville delivers a stone against Quebec on Sunday in St. Catharines.

SEAN KILPATRICK/THE CANADIAN PRESS

more sharp. "We're coming here this year to not start that way. We want to be sharp from the beginning."

Northern Ontario was that early in Monday's night's game against Manitoba, McCarville was up 6-2 at the fifth-end break, but squandered that lead falling 8-7 to Michelle Englot.

Manitoba and Ontario's Rachel Homan kept up their torrid pace at 5-0 to top the field. Homan cruised to a 9-3 win over Nova Scotia's Mary Mattatall. "I'd give us 100 out of 100," Homan said. "Not that we're playing a hundred per

cent, but we're doing everything we want to be doing.

"We're going through the right steps and learning as we go along from our mistakes."

Defending champion Chelsea Carey downed B.C.'s Marla Mallett 6-2 to join Kerry Galusha of Northwest Territories at 3-1.

Eve Belisle of Quebec edged Saskatchewan's Penny Barker 8-5 to get to 3-2.

McCarville dropped into a tie at 2-2 alongside Alberta's Shannon Kleibrink and Stacie Curtis of Newfoundland and Labrador. Mattatall fell to 2-3.



**We want to be sharp from the beginning.**

Krista McCarville

Mallett, Barker and Robyn MacPhee of Prince Edward Island were winless.

It was Manitoba taking a page from Northern Ontario's book Monday stealing five points in the back half of their game against Curtis before charging back for the win against McCarville. "We know Krista's going to be there at the end so beating her in the round robin is really key," Englot said.

"The teams that are top of the heap, you want to for sure win those games." The top four teams at the conclusion of the round robin Friday morning advance to the Page playoff.

Ties for fourth are solved by tiebreaker games.

THE CANADIAN PRESS

## NBA

## Pelicans go big with trade for Cousins

Sacramento general manager Vlade Divac headed into All-Star weekend convinced it was finally time to part ways with ultra-talented centre DeMarcus Cousins.

Befitting a franchise that appears headed to a 11th straight season without a playoff berth, the Kings even seemed to botch that. Sacramento dealt Cousins and forward Omri Casspi to New Orleans in exchange for Tyreke Evans, 2016 first-round draft pick Buddy Hield, Langston Galloway and first- and second-round draft picks this summer.

When asked Monday why he didn't wait for a better offer closer to Thursday's trade deadline, Divac gave a curious response that raised more questions than it answered.

"Most likely we would get less because I had a better deal two days ago," Divac said. "I don't



DeMarcus Cousins

GETTY IMAGES

want to go into details. I don't want to discuss the process."

Cousins will now team with another former Kentucky big man who has developed into an NBA All-Star

in New Orleans' Anthony Davis. Cousins is averaging 27.8 points and 10.6 rebounds this season and can become a free agent in 2018 unless the Pelicans can sign him to an All-Star calibre extension.

The Kings have not won more than 33 games in a season since drafting Cousins fifth overall in 2010 and grew tired of his antics that included frequent run-ins with coaches, media members and officials. THE ASSOCIATED PRESS

### IN BRIEF

#### Late hit on Sens' Stone costs Jets' Trouba 2 games

The NHL has suspended Winnipeg Jets defenceman Jacob Trouba for two games for an illegal check to the head of Ottawa Senators forward Mark Stone.

The incident occurred at 6:42 of the third period of Winnipeg's 3-2 win in Ottawa on Sunday. Stone had just made a pass in the Winnipeg zone when Trouba hit him with an open-ice elbow to the head.

THE CANADIAN PRESS

#### Minnows make Arsenal work for place in quarters

Arsenal took 26 minutes to break through fifth-tier Sutton United's resistance and the 12-time FA Cup winners were made to toil for a 2-0 win to reach the quarterfinals on Monday.

The gulf in class between sides separated by 105 places in the English soccer pyramid was not always apparent. Sutton goalie Ross Worner, a part-time picture framer, had few saves to make. Only Lucas Perez and Theo Walcott could beat the Arsenal fan. THE CANADIAN PRESS

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WHITEHORN DR. NE, CALGARY



MAKE IT TONIGHT

# Elegant Chicken Milanese



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This dinner has two personalities: elegant, adult dinner or (cut in strips) high-end chicken fingers.

**Ready in 30 minutes**

Prep time: 15 minutes  
Cook time: 15 minutes  
Serves 4

**Ingredients**

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

**Directions**

1. Preheat oven to 400 F. Place

tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side till golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

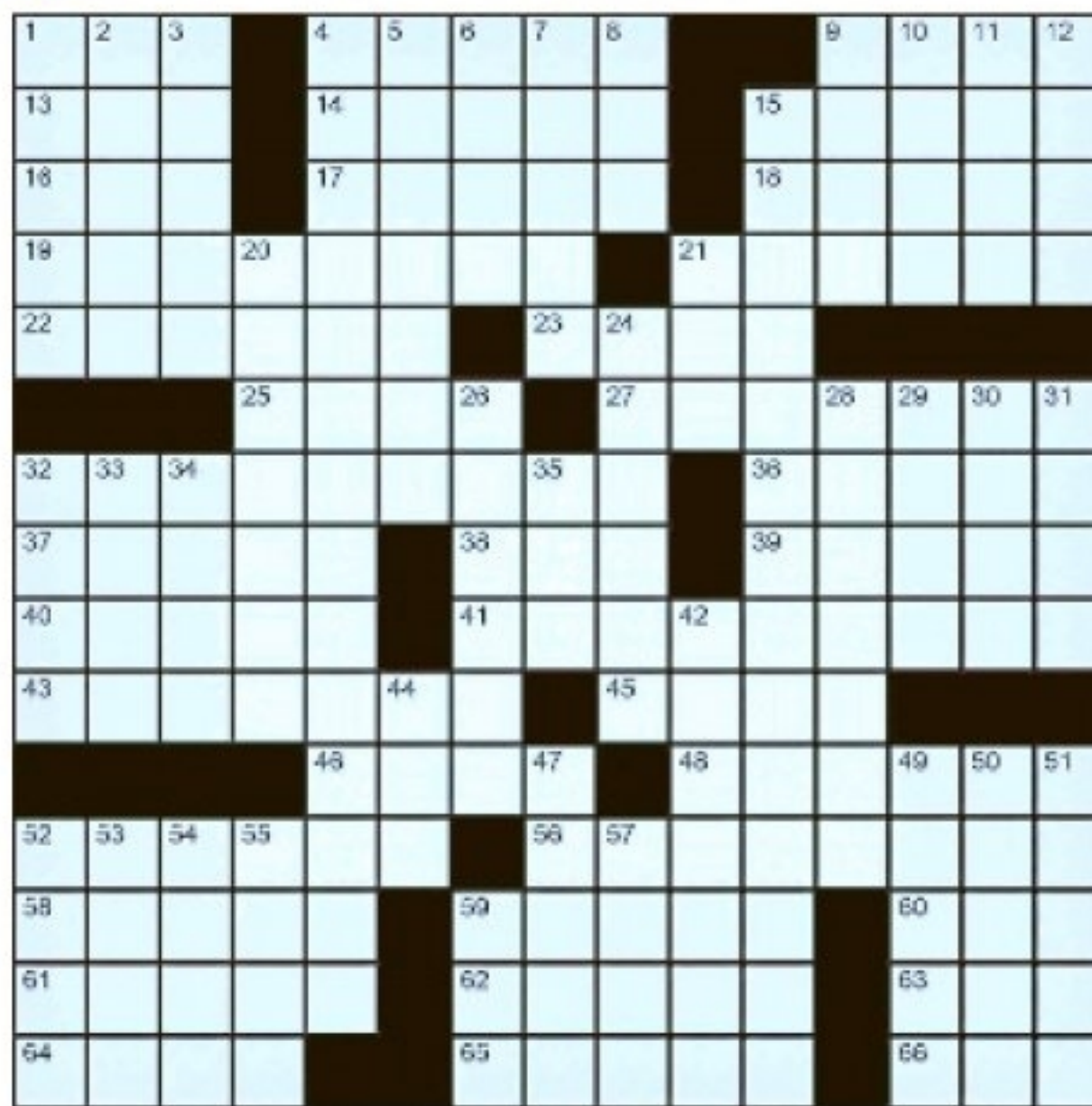
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Scammed
4. Blanketed, to a Bard
9. Boxer's pre-bout garb
13. U2 rock co-producer Brian
14. Actress Ms. Hayes (b.1900 - d.1993)
15. Two-footed
16. Bed-and-Breakfast
17. Towards the ship's left side
18. Overturn
19. Ready: 3 wds.
21. Hysteria
22. "Don't Forget the \_\_\_" (Game show)
23. Think, archaically
25. "Dr. \_\_\_"
27. Dutch scholar who wrote The Praise of Folly
32. Vintage house heaters
36. Like unfresh bread
37. Cheese-making process
38. Hair salon product
39. Raise with effort
40. So much, in music
41. Refined fellow
43. Forest of France
45. Golfing hazard
46. Non-verbally agrees
48. Join the army
52. Layout/structure
56. Propensity
58. Egg-shaped
59. \_\_\_ Quebecois (Political group



- in Quebec)
60. Pinnacle
61. Like from-the-past fashions
62. Inert+gas
63. "The Golden Girls" name
64. Human 'cap' site
65. Unjustly treat

66. Alternatives

**DOWN**

1. Katherine of new CBS legal drama "Doubt"
2. Bother
3. Blood giver
4. "\_\_\_" (When I'm Gone)" by

- Chilliwack
5. Store, as a library book
6. Bump on \_\_\_
7. Ross who ran for President in the 1990s
8. Wile E. Coyote's blaster
9. Ready for the

- picking
10. Frank
11. Mercedes-\_\_\_
12. Country star Mr. Arnold
15. Yukon community on Kluane Lake which is home to the Kluane First Nation: 2 wds.

20. Take, as from a savings account: 2 wds.
21. Pro
24. Begudge
26. Wedged/stuck
28. Distinctive church feature
29. "Yes, \_\_\_!"
30. Sea lettuce
31. Perceived
32. \_\_\_-tat-tat
33. Culture+medium
34. Kitchen timer sound!
35. Deli bread
42. Canadian Forces Base community in Southern Ontario
44. \_\_\_ much (Few)
47. Liverpool drumming legend Ringo
49. Something's start, shortly
50. Thoroughly search or examine
51. Writes using a computer keyboard
52. Spoon's pal
53. Vegetable-roasting place
54. Automatic
55. Morass
57. Consequently
59. Poodle's foot

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is a good day to lead others. You will be effective in dealing with friends, but you'll be especially effective with groups. Your enthusiasm will carry the day.

**Taurus** April 21 - May 21  
You impress bosses, VIPs and parents today with your enthusiasm and ability to express yourself in positive terms. It's easy for you to sell any idea that appeals to you.

**Gemini** May 22 - June 21  
This is the perfect day to make big travel plans. This also is a good day to make plans for education, publishing, the media, medicine and the law. Your optimism shapes your thinking.

**Cancer** June 22 - July 23  
Discussions about inheritances and how to divide shared property will be successful today, because all parties will be fair and positive. Everyone will be pleased with results!

**Leo** July 24 - Aug. 23  
Discussions with friends and partners will be upbeat and positive today. It's a great day to make plans for the future, especially about travel and dealing with foreign countries.

**Virgo** Aug. 24 - Sept. 23  
Work-related travel will appeal to you today. You also are enthusiastic about practical plans related to your job. (You're not afraid to tackle something big.)

**Libra** Sept. 24 - Oct. 23  
Creative projects, sports events and your work with children will get a lovely boost today, because you're thinking like a winner! Your optimism is the secret of your success.

**Scorpio** Oct. 24 - Nov. 22  
Go forward with important family discussions today, especially if they relate to major repairs for the home. People are enthusiastic about what can be achieved.

**Sagittarius** Nov. 23 - Dec. 21  
Short trips will delight you today. This is a good day to study anything new or to impart information to others, because people are willing to entertain new ideas.

**Capricorn** Dec. 22 - Jan. 20  
Business and commerce are favored today. Look for ways to boost your income or to get a better job. Work-related travel will appeal.

**Aquarius** Jan. 21 - Feb. 19  
You're in a positive frame of mind today because you expect good things for yourself in the future. Because your expectations are positive, it's quite likely that good results will follow.

**Pisces** Feb. 20 - March 20  
Research of any kind will go well today because you are in the right frame of mind. You instinctively will investigate areas that will yield the best results.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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**OPENING NIGHT :** Tuesday February 28th  
**TIME :** 5:00 - 7:00 PM  
**LOCATION :** Alberta College of Art + Design  
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Juried by Naomi Potter

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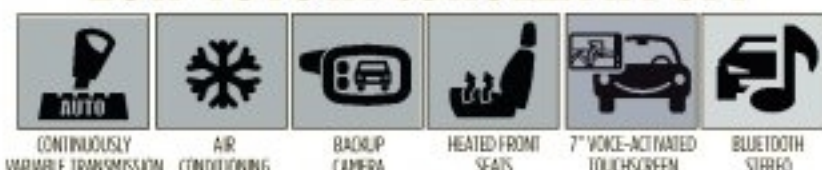
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